

# BlairTB Fitness & Wellness



## Program Option Layout

Client: Ricky Reynolds

You can choose which days you would like to exercise on your own and which days you would like to train with me.

<input type="checkbox"/>	Program Plan Option 2		*In-Person	*In-Person	*In-Person		
	3 Days per week		AM-Tuesday	PM-Friday	PM-Sunday	Sub-Total	Membersip
	Week 1		\$20.00	\$20.00	\$20.00		Monthly total
50% discount	Wk2		\$20.00	\$20.00	\$20.00		
each session	Wk3		\$20.00	\$20.00	\$20.00		
	Wk4		\$20.00	\$20.00	\$20.00		
	Wk5		\$20.00	\$20.00	\$20.00	\$300.00	-\$25.00
							\$275.00
<input type="checkbox"/>	Program Plan Option 2		*Remote	*In-Person	*In-Person		
	2 Days per week		Day 1	Day 2	Day 3		
	Week 1			\$20.00	\$20.00		
50% discount	Wk2			\$20.00	\$20.00		
each session	Wk3			\$20.00	\$20.00		
	Wk4			\$20.00	\$20.00		
	Wk5			\$20.00	\$20.00	\$200.00	-\$25.00
							\$175.00
<input type="checkbox"/>	Program Plan Option 3		*Remote	*Remote	*Remote		
	Self-Motivating		Day 1	Day 2	Day 3		
	Week 1						
4 Week Exercise	Wk2						
Program	Wk3			\$40.00			
	Wk4					\$40.00	\$0.00
							\$40.00

**i** \*Remote: You'll receive the workout plan via email and you use the demonstration videos to complete the daily workout yourself.

**i** \*In-person: Trainer will guide you through the daily workout with cues to adjust form and posture, Track time, and motivate.