

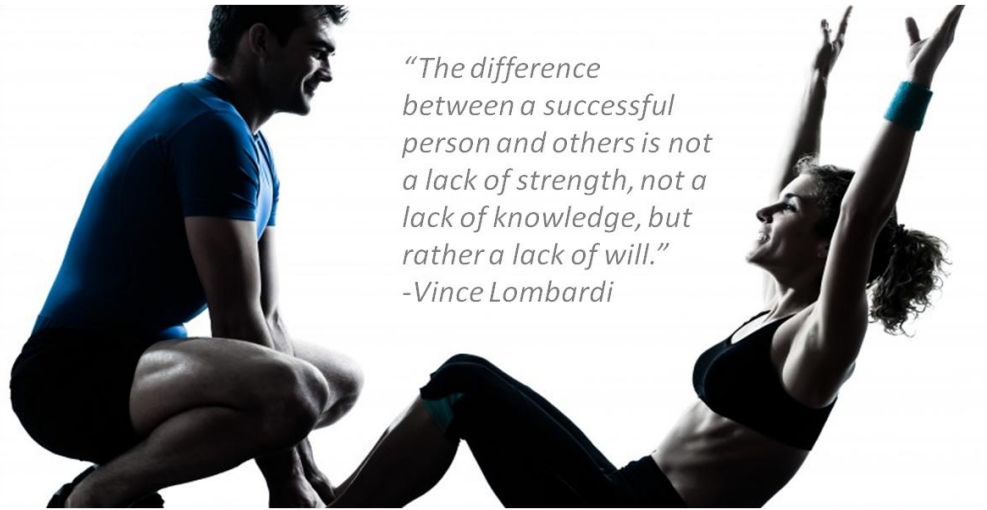
# KAIZEN FITNESS

## Training Rates



Per Session	
Initial Fitness Analysis	\$100
Individual Training	\$100
Buddy Training	\$75/ person

*New clients are required to complete an Initial Fitness Analysis. All sessions are 50 minutes and must be prepaid before an appointment can be made. Sessions should be purchased and reserved on either a weekly or monthly basis. All sessions require a 24-hour notice of cancelation. Unused sessions do not carry over and will expire at the end of the month in which they were purchased. Certain exceptions & exclusions apply. Please ask for details.*



*“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.”  
-Vince Lombardi*