

FITNESS COACHING

HERE at DFC with Kari Bossom, Apryl Onken & Ashley Baxter

We HELP you build

HEALTHY HABITS

that ALIGN with how you want to feel

EVERY DAY

We HELP you

FOCUS

On NON-SCALE

VICTORIES



Session Rates

3	1-hour sessions	\$99
5	1-hour sessions	\$125
10	1-hour sessions	\$225



DEWITT FITNESS CENTER

FITNESS COACHING CLIENT INFORMATION

Name: _____

Phone #: _____ Preferred Days / Times: _____

Do you have a specific trainer preference? _____

OFFICE USE ONLY

Payment Method: _____

Check #: _____

Amount: _____

Date / Staff: _____