

PHIT4Life Services



***First Consultation is free (30 minutes)**

***Personal Trainer fee-\$30.00 an hour or 2 hours for \$50.00**

***Group Trainer fee-30.00 an hour or 2 hours for \$50.00**

***Summer Camp fee/Variou Sports (3 day minimum) \$145.00**

***5k Training (Contact us for pricing details)**