



THE ALASKA CLUB

5 COMPONENTS OF FITNESS



GOALS



NUTRITION



RESISTANCE TRAINING



CARDIO



PERSONAL TRAINER



THE ALASKA CLUB

TIMELINE

0-3 MONTHS Foundation	4-9 MONTHS Transformation	10-12 MONTHS Lifestyle Change

PERSONAL TRAINING **ADVANCED** 3 MONTHS



30 MINUTE SESSIONS



ONE TIME PER WEEK

Cost per Month **\$188**



TWO TIMES PER WEEK

Cost per Month **\$352**



THREE TIMES PER WEEK

Cost per Month **\$492**



PERSONAL TRAINING **ADVANCED** 3 MONTHS



60 MINUTE SESSIONS



ONE TIME PER WEEK

Cost per Month \$292



TWO TIMES PER WEEK

Cost per Month \$560



THREE TIMES PER WEEK

Cost per Month \$804



PERSONAL TRAINING **ADVANCED** 6 MONTHS



30 MINUTE SESSIONS



ONE TIME PER WEEK

Cost per Month **\$168**



TWO TIMES PER WEEK

Cost per Month **\$312**



THREE TIMES PER WEEK

Cost per Month **\$432**



PERSONAL TRAINING **ADVANCED** 6 MONTHS



60 MINUTE SESSIONS



ONE TIME PER WEEK

Cost per Month \$272



TWO TIMES PER WEEK

Cost per Month \$520



THREE TIMES PER WEEK

Cost per Month \$744



PERSONAL TRAINING **ADVANCED** 12 MONTHS

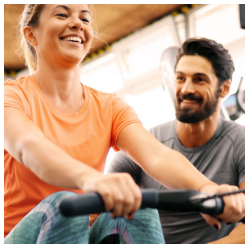


30 MINUTE SESSIONS



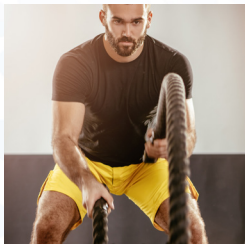
ONE TIME PER WEEK

Cost per Month **\$152**



TWO TIMES PER WEEK

Cost per Month **\$280**



THREE TIMES PER WEEK

Cost per Month **\$384**



PERSONAL TRAINING **ADVANCED** 12 MONTHS



60 MINUTE SESSIONS



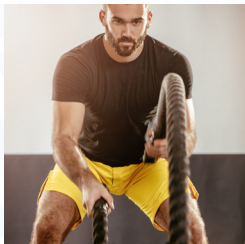
ONE TIME PER WEEK

Cost per Month \$256



TWO TIMES PER WEEK

Cost per Month \$488

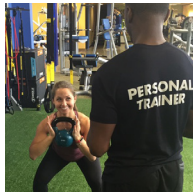


THREE TIMES PER WEEK

Cost per Month \$696



PERSONAL TRAINING **ADVANCED** PAID-IN-FULL



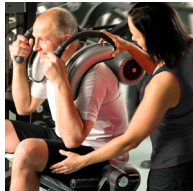
6 SESSION PACKAGE

Total Cost \$450



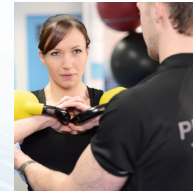
12 SESSION PACKAGE

Total Cost \$840



24 SESSION PACKAGE

Total Cost \$1560



36 SESSION PACKAGE

Total Cost \$2232



PERSONAL TRAINING **EXPERT** 3 MONTHS

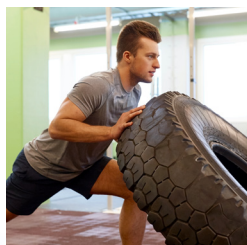


30 MINUTE SESSIONS



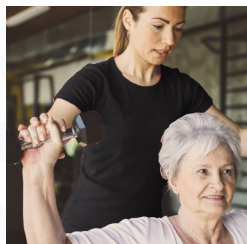
ONE TIME PER WEEK

Cost per Month **\$208**



TWO TIMES PER WEEK

Cost per Month **\$392**



THREE TIMES PER WEEK

Cost per Month **\$552**



PERSONAL TRAINING **EXPERT** 3 MONTHS



60 MINUTE SESSIONS



ONE TIME PER WEEK

Cost per Month \$332



TWO TIMES PER WEEK

Cost per Month \$640



THREE TIMES PER WEEK

Cost per Month \$924



PERSONAL TRAINING **EXPERT** 6 MONTHS



30 MINUTE SESSIONS



ONE TIME PER WEEK

Cost per Month **\$188**



TWO TIMES PER WEEK

Cost per Month **\$352**



THREE TIMES PER WEEK

Cost per Month **\$492**



PERSONAL TRAINING **EXPERT** 6 MONTHS



60 MINUTE SESSIONS



ONE TIME PER WEEK

Cost per Month **\$312**



TWO TIMES PER WEEK

Cost per Month **\$600**



THREE TIMES PER WEEK

Cost per Month **\$864**



PERSONAL TRAINING **EXPERT** 12 MONTHS

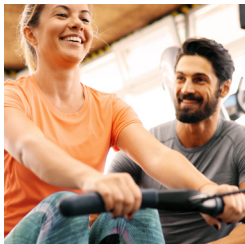


30 MINUTE SESSIONS



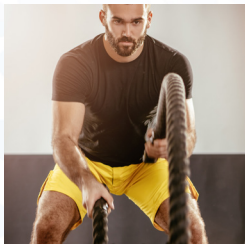
ONE TIME PER WEEK

Cost per Month **\$172**



TWO TIMES PER WEEK

Cost per Month **\$320**



THREE TIMES PER WEEK

Cost per Month **\$444**



PERSONAL TRAINING **EXPERT** 12 MONTHS

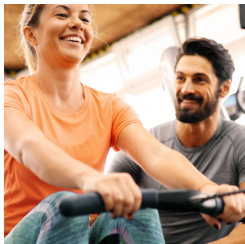


60 MINUTE SESSIONS



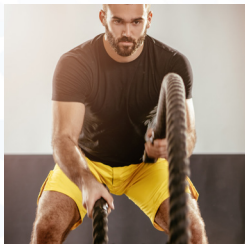
ONE TIME PER WEEK

Cost per Month \$296



TWO TIMES PER WEEK

Cost per Month \$568

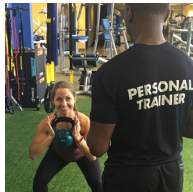


THREE TIMES PER WEEK

Cost per Month \$816



PERSONAL TRAINING **EXPERT** PAID-IN-FULL



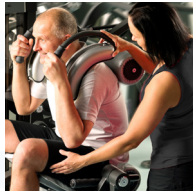
6 SESSION PACKAGE

Total Cost \$510



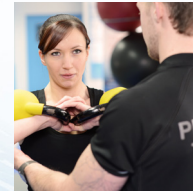
12 SESSION PACKAGE

Total Cost \$960



24 SESSION PACKAGE

Total Cost \$1800



36 SESSION PACKAGE

Total Cost \$2592



PERSONAL TRAINING MASTER 3 MONTHS



30 MINUTE SESSIONS

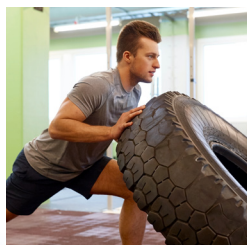
ONE TIME PER WEEK

Cost per Month \$228



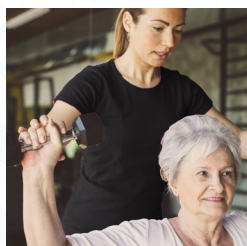
TWO TIMES PER WEEK

Cost per Month \$432



THREE TIMES PER WEEK

Cost per Month \$612



PERSONAL TRAINING MASTER 3 MONTHS



60 MINUTE SESSIONS



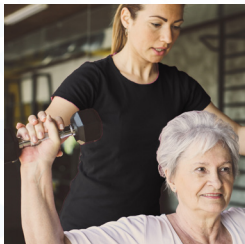
ONE TIME PER WEEK

Cost per Month **\$372**



TWO TIMES PER WEEK

Cost per Month **\$720**



THREE TIMES PER WEEK

Cost per Month **\$1,044**



PERSONAL TRAINING MASTER 6 MONTHS



30 MINUTE SESSIONS



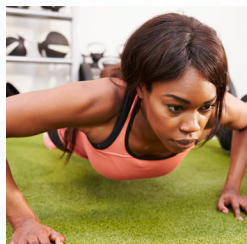
ONE TIME PER WEEK

Cost per Month **\$208**



TWO TIMES PER WEEK

Cost per Month **\$392**



THREE TIMES PER WEEK

Cost per Month **\$540**



PERSONAL TRAINING MASTER 6 MONTHS



60 MINUTE SESSIONS



ONE TIME PER WEEK

Cost per Month \$352



TWO TIMES PER WEEK

Cost per Month \$680



THREE TIMES PER WEEK

Cost per Month \$984



PERSONAL TRAINING MASTER 12 MONTHS



30 MINUTE SESSIONS

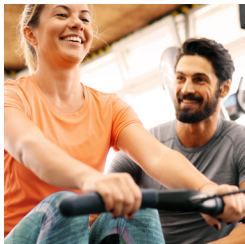
ONE TIME PER WEEK

Cost per Month \$192



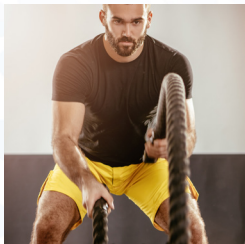
TWO TIMES PER WEEK

Cost per Month \$360



THREE TIMES PER WEEK

Cost per Month \$504



PERSONAL TRAINING MASTER 12 MONTHS

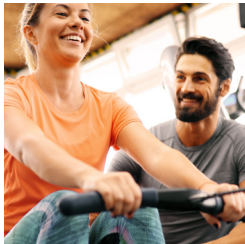


60 MINUTE SESSIONS



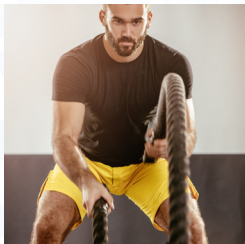
ONE TIME PER WEEK

Cost per Month \$336



TWO TIMES PER WEEK

Cost per Month \$648



THREE TIMES PER WEEK

Cost per Month \$936



PERSONAL TRAINING MASTER PAID-IN-FULL



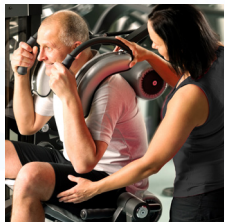
6 SESSION PACKAGE

Total Cost \$570



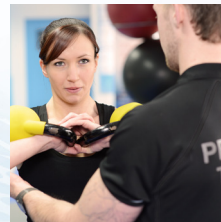
12 SESSION PACKAGE

Total Cost \$1,080



24 SESSION PACKAGE

Total Cost \$2,040



36 SESSION PACKAGE

Total Cost \$2,952

