

TURTLE STRENGTH

POWER-OF-10 INSTRUCTION

Welcome to your Turtle Strength Workouts!

Thank You for trusting me with your fitness needs. My goal is to help you gain muscle and strength, safely and progressively, so that you may experience all the benefits of exercise for the long term; such as increased metabolism, cardiovascular efficiency, increased bone density, enhanced flexibility & resistance to injury (among others).

PRICING/PACKAGES:

1 hour Consultation = **\$120** (Includes first 30min session)

STRENGTH SESSIONS:

(Virtual or In House)

ONCE-A-WEEK (30 MINUTE) SESSIONS:

Single session = **\$100**

Package of 5 = \$450 - **\$90** per session (\$50 savings)

Package of 10 = \$850 - **\$85** per session (\$150 savings)

TWICE-A-WEEK (30 MINUTE) SESSIONS:

(for those who commit to a twice a week workout or for sharing as a couple)

Package of 20 = \$1400 - **\$80** per session (\$400 savings)

ALL packages **expire after 20 weeks** of purchase.

For **REFERRALS** who buy a package, you **get \$50 off** your next already-discounted package!

PAYMENT:

Payment is accepted via Venmo, Zelle, Cash or Check. Credit Cards will incur a 2-3% surcharge.

VENMO @TurtleStrength

ZELLE: turtlestrength.biz@gmail.com

CHECK: "Turtle Strength"