



Contact Info:

Website: www.fitnessprescriptions.com

Email: Darren@fitnessrxs.com

Phone: 801.503.6996

Services A La Cart

1. Personal Training Sessions
 - Members.....\$55
 - Non-Members.....\$62
 - At-Home Personal Training Session.....\$85
 2. Personal Training Monthly Rate Plans (~\$45 per session)
 - 4-5 Sessions Per Month.....\$195 per month
 - 8-10 Sessions Per Month.....\$390 per month
 - 12-14 Sessions Per Month.....\$585 per month
 - 16-18 Sessions Per Month.....\$780 per month
 3. Resting Metabolic Rate Test (RMR).....\$55
 4. Maximal or Sub-Maximal VO₂ Test (Exercise Metabolism Test).....\$55
 5. Physiological Age Health Assessment\$55
 - Flexibility Test
 - Body composition
 - Upper Body Strength
 - Abdominal Strength
 - Cardiovascular Step Test
 6. Body Composition Assessment (Measures Body Fat Mass and Lean Mass Percentage).....\$25
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Program Packages

1. Personal Training Start-Up Program.....\$220
 - 3 Personal Training Sessions
 - Physiological Age Health Assessment
 - Printed Resistance Training Program
2. Resting Metabolism Test with Nutrition Plan.....\$99
 - Nutritional Consultation
 - RMR Test
 - Meal Plan
 - Grocery List
 - Food Exchange lists
3. Complete Metabolic Analysis.....\$99
 - Resting Metabolic Test
 - Maximal or Sub-Maximal VO₂ Test (Exercise Metabolism Test)



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Programs Packages (Cont.)

4. Complete Metabolic Analysis with Nutrition Plan.....\$160

- Resting Metabolic Rate Test
- Maximal or Sub-Maximal VO₂ Test (Exercise Metabolism Test)
- Nutritional Consultation
- Nutritional Plan
 - ✓ Meal Plan
 - ✓ Grocery List
 - ✓ Food Exchange List

5. Complete Metabolic Analysis with Cardiovascular Plan..... \$220

- Resting Metabolic Rate Test
- Maximal or Sub-Maximal VO₂ Test (Exercise Metabolism Test)
- Printed Target Zone Cardiovascular Plan
- 1 Personal Training Session

6. Complete Metabolic Analysis with Cardiovascular and Nutrition Plan..... \$265

- Resting Metabolic Rate Test
- Maximal or Sub-Maximal VO₂ Test (Exercise Metabolism Test)
- Printed Target Zone Cardiovascular Plan
- Nutrition Plan
 - ✓ Meal Plan
 - ✓ Grocery List
 - ✓ Food Exchange list
- 1 Personal Training Session
- Nutritional Consultation

7. TetraFit™ Program.....\$365

- Resting Metabolic Rate Test
- Maximal or Sub-Maximal VO₂ Test (Exercise Metabolism Test)
- Printed Target Zone Cardiovascular Plan
- Resistance Training Program
- Energy Balance Log Book
- Nutrition Plan
 - ✓ Meal Plan
 - ✓ Grocery List
 - ✓ Food Exchange list
- 2 Personal Training Sessions
- Nutritional Consultation

