



TRAINING PACKAGES

TRAINING SESSION OPTIONS & RATES

ONE-ON-ONE TRAINING SESSIONS

24 SESSIONS PACK

Must be used within three (3) months.

\$130.00
PER SESSION

8 SESSION PACK

Must be used in four (4) weeks. If you would like to schedule one training session per week, please see our drop-in rate.

\$135.00
PER SESSION

DROP-IN RATE

Includes one (1) drop-in training session.

\$150.00
PER SESSION

TRAINING FOR UP TO TWO CLIENTS

24 SESSIONS PACK

Must be used within three (3) months.

\$70.00
PER SESSION
PER CLIENT

8 SESSION PACK

Must be used in four (4) weeks.

\$75.00
PER SESSION
PER CLIENT

DROP-IN RATE

Includes one (1) drop-in training session.

\$80.00
PER CLIENT

SMALL GROUP TRAINING (3-5 CLIENTS)*

24 SESSIONS PACK

Must be used within three (3) months.

\$45.00
PER SESSION
PER CLIENT

8 SESSION PACK

Must be used in four (4) weeks. To get the best value, schedule sessions twice a week!

\$50.00
PER SESSION
PER CLIENT

4 SESSION PACK

Must be used within four (4) weeks.

\$55.00
PER SESSION
PER CLIENT

GROUP TRAINING (6 OR MORE CLIENTS)*

8 SESSION PACK

Must be used within two (2) months.

\$40.00
PER SESSION
PER CLIENT

4 SESSION PACK

Must be used within one (1) month.

\$45.00
PER SESSION
PER CLIENT

*ALL CLIENTS IN SMALL GROUP OR GROUP TRAINING SESSIONS MUST PURCHASE A 4 OR 8+ SESSION PACKAGE.

DISCOUNTED RATES ARE AVAILABLE FOR HOA COMMUNITIES ON A CASE-BY-CASE BASIS. PLEASE CONTACT LISA WITH ANY QUESTIONS OR TO ASK ABOUT ANY DISCOUNT OPTIONS.



FITNESS PROGRAMS

FITNESS CLASS DETAILS & PRICING

BEACH FITNESS CLASSES

BEACH FITNESS CLASS AT VANDERBILT BEACH IN NAPLES, FL

DAYS & TIMES: TUESDAY AND THURSDAY, 8:30AM-9:30AM

ALL levels are welcome! Parking is available for \$8.00, or free for those with a Collier County Resident Parking Permit. To register for a Collier County Resident Parking Permit, please visit the following URL: <https://www.naplesgov.com/finance/page/beach-parking-permits>. The parking garage is located just west of The Ritz Hotel entrance at 280 Vanderbilt Beach Road, Naples, FL, 34108. There is metered parking spaces with credit-card friendly pay stations.

Also available to class participants are: restrooms, foot showers, beach concessions, snacks, sunscreen and bike racks. We apologize for any inconvenience, but pets are not permitted.

Please bring a beach towel or yoga mat and a water bottle with you to class. Beach Fitness Class updates can be found on Lisa's Facebook page: <https://www.facebook.com/LisaReedFitnessLLC>.

**\$20.00
PER PERSON
DROP-IN FEE***

**Forms of payment accepted include: cash, check, PayPal or Venmo.*

LRF PERSONALIZED YOUTUBE WORKOUT

YOUTUBE VIDEO WORKOUT CUSTOMIZED JUST FOR YOU!

One (1) custom YouTube video workout, including two (2) health and fitness consulting phone call sessions with Lisa.

**\$100.00
EACH**



FITNESS PROGRAMS

FITNESS CLASS DETAILS & PRICING

LRF CUSTOMIZED FITNESS PLAN

ONLINE 4-WEEK INDIVIDUAL CUSTOMIZED FITNESS PLAN

**\$200.00
EACH**

Do you live out-of-town but still want the health and fitness benefits that LRF offers? Contact Lisa Reed Fitness today and Lisa will customize a workout program just for you and deliver it directly to your inbox via email.

LRF CUSTOMIZED NUTRITION PLAN

PERSONALIZED NUTRITION GUIDANCE PLAN

\$500.00

Lisa Reed Fitness offers customized fitness programs that accommodate today's busy schedules, lifestyles and goals. Eating smart in combination with strength and cardio training will not only put you in the best shape of your life, but will also provide enormous health benefits.

You will feel confident that no detail is left out or overlooked. This training program covers food intake, timing and water intake, with recommendations for physical training and cardio schedules. Program participants will be given the tools to get their body in top form, without any excuses.

Those participating in the LRF Customized Nutrition Plan program can get their health and fitness questions answered by Lisa within 48 hours for the first four (4) weeks.