

INSPIRED *FITNESS* WITH TRICHE

Inspired Fitness with Triche is a division of N.O.L.A. Entertainment LLC

Portland Team Fitness

For all personal training and group fitness classes
3311 NE MLK JR BLVD Portland, OR 97212

New Day Center for the Arts

For all Dance training and workshops
5516 SE Foster Rd Portland, OR 97206

Inspiredfitnesswithtriche@gmail.com

(503)807-1050

The New Year is a perfect time to start or energize your fitness routine

Whether you have a current plan or need one consider the following questions.

- 1) *What are my current fitness lifestyle goals short term and long term?*
- 2) *What is my current motivation level?*
- 3) *What can adjust (nutrition/exercise/sleep) to drop the first 5lbs or get past my current plateau?*
- 4) *Should I consider a workout partner or create a small group of friends to work out with?*
- 5) *What is my weekly fitness commitment to self?*

New Year 2016: Fitness Rates & Specials

New Client Special 2016: \$250

You can start the New Year off right with 4 sessions of personal training with Triche. This is a great way to get started or shift your fitness gears.

Small Group Fitness: 10 Sessions for \$180.00 OR \$75.00 Month to Month

NEXT SESSION STARTS 01/09/2016 – 03/12/2016 and 01/10/2016 – 03/13/2016

FITNESS IDEA: Create your own personal workout group. You can pick the day and time that is the most convenient for the group to meet once a week with a minimum 4 to a maximum 6 participants

10% off personal training package price OR

Free 1-hour nutrition consultation (value \$100) included with the following packages if purchased before January 31st 2016

Personal Training Packages: \$420.00 for 6 sessions or \$700.00 for 10 sessions

Per session rate \$75

Partner Training Packages: \$480.00 for 6 sessions \$850.00 for 10 Sessions

Per session rate \$90

You can choose to "Split the sessions" (3 each or 5 each) with your partner, friend or family member or share

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Individual 30 minute

Pay as you Go \$45

5 sessions \$200.00 (\$40 per session)
10 sessions \$350.00 (\$35 per session)
20 sessions \$600.00 (\$30 per session)

Individual 45 minute

Pay as you Go \$55

5 sessions \$250.00 (\$50 per session)
10 sessions \$450.00 (\$45 per session)
20 sessions \$800.00 (\$40 per session)

Individual 60 minute

Pay as you go session \$75

5 sessions \$350.00 (\$70 per session)
10 Sessions \$650.00 (\$65 per session)
20 sessions \$1,200.00 (\$60 per session)

Partner Sessions 60 minute

Pay as you go \$100 (\$50 each per session)
5 Sessions \$450.00 (\$45 each per session)
10 Sessions \$800.00 (\$40 each per session)
20 Sessions \$1,400 (\$35 each per session)

Small Group Training 60 minute

3 to 8 persons

This is a 10 session series not a drop in class
10 sessions \$180.00 (\$18 each per session)
Month to Month \$75.00 (if unable to commit)

PACKAGE EXPIRATION DATES AFTER 1ST SESSION

5 SESSIONS – 30 DAYS

10 SESSIONS – 45 DAYS

20 SESSIONS – 90 DAYS