

**RUDY HAYEK**  
**Personal Fitness Training and Coaching**  
**Prepaid Session Packages**

<u># Sessions</u>	<u>Fees</u>
<b>A. 12</b>	<b>\$ 895</b>
<b>B. 20</b>	<b>\$1395</b>
<b>C. 32</b>	<b>\$2079</b>

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**Included in Your Personal Training Package**

1. *Phone and email support utilizing **PT On The Net** (professional web-based exercise prescription service)*
2. *Ongoing program review & recommendations, including addressing relevant health and fitness research and information*
3. *Abridged programs for extended vacations or business trips*

**Methods of payment accepted \*\***

1. *By Check (made out to Rudy Hayek Consulting)*
2. *By credit card through **Google Checkout** (please go to [www.rudyhayek.com](http://www.rudyhayek.com) to purchase)*
3. *Cash*

*\*\*Fees subject to change if:*

- **Travel distance radius is beyond 10 miles from Arcadia**
- **More than one person per session are training simultaneously (partner training)**
- **If training at a fitness facility, a membership or usage fee is usually charged to the client for the use of the equipment and/or group classes**
  - *(individual facilities' policies and liability requirements will vary)*

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**Website : [www.rudyhayek.com](http://www.rudyhayek.com)**

**Initial Consultation:**

**\$150** (apx. 90 minutes)

- **Review** health and fitness information and screening
- **Exercise Session** to evaluate and determine baseline strength, endurance, flexibility, alignment, balance
- Discuss health and fitness **goals**
- Recommendation of program type, including mode, intensity, duration

*\*If you choose to purchase one of the three prepaid session packages, the initial 90-minute consultation is reduced to \$75*