

GRAND OPENING SALE: LIMITED TIME DISCOUNTED PRICE LIST

Limited Time Offer: All prices listed include tax!

❖ **PERSONAL TRAINING** : **As low as \$65/session!**

	<u>In Studio</u>	<u>Mobile</u> -Brooklyn	<u>Mobile</u> - Manhattan
• <u>Intro Special:</u>	\$149 (3 x 45 min sessions)	\$80 (1 intro session: 60-90 min)	\$100 (1 Intro session: 60 - 90 min)
• <u>Packages</u> (45 min):			
- 12 sessions	\$75/session (Reg. \$85)	\$90/session (Reg. \$100)	\$120/session (Reg. \$135)
- 24 sessions	\$65/session	\$80/session	\$110/session (Reg. \$120)

- **Mobile** = We come to your location: home, building gym, office, school, park, etc
 - **Intro Special:** Before purchasing the package deal for your customized program, we provide intro session (s) that includes in depth health & fitness assessments, goal planning, & intro program design to ensure you get the best customized program to reach your goals with optimal results!
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❖ **ELITE PERSONAL TRAINING:** Get more time & special attention from a master trainer, and more services (in addition to all types of fitness, options to add stretch therapy, bodywork, self defense, &/or best technology - electric percussion therapy, e-stim, cryotherapy, etc)

	<u>In Studio</u>	<u>Mobile</u> – Brooklyn	<u>Mobile</u> – Manhattan
• <u>Intro Session</u> (60-90 min):	\$80	\$80	\$125
• <u>Packages</u> (1 hr sessions):			
- 12 sessions	\$90/session (Reg. \$125)	\$110/session (Reg. \$150)	\$150/session (Reg. \$175)
- 24 sessions	\$80/session	\$100/session	\$135/session

❖ **PRIVATE PAIRED TRAINING** (45 min session): Train with a friend, colleague, or family member
As low as \$40/session!

	<u>In Studio</u>	<u>Mobile</u> – Brooklyn	<u>Mobile</u> - Manhattan
<u>Packages:</u>			
- 12 sessions	\$45 per person/session	\$50 per person/session	\$60 per person/session
- 24 sessions	\$40 per person/session	\$45 per person/session	\$55 per person/session

❖ **BOUTIQUE SMALL GROUP CLASSES** (50 min): Get results with unique, fun classes with best instructors!

- **Trial Class:** \$20
- **Monthly Packages:** (expires monthly)
 - **4 classes:** \$120/mo
 - **8 classes:** \$199/mo
- **Unlimited Memberships:**

<u>Monthly</u>	<u>3 Months</u>	<u>6 Months</u>	<u>12 Months</u>
\$249	\$239/mo	\$229/mo	\$199/mo

- ❖ **ELITE SCHOOL PROGRAM:** Martial Arts with Fitness, Self Defense, Safety, Mindfulness, Academics, & Mentoring:
We send instructors to your high school

If classes at least 26 weeks/yr:

- **1 Class/Week (1hr):** \$120 (up to 12 students)
- **2 or more Classes/Week :** \$100/class (up to 12 students/class)

- ❖ **BODYWORK & FITNESS RECOVERY** (with Best Technology Enhancements)

	<u>60 min</u>	<u>90 min</u>	<u>Mobile – 60 min</u>	<u>Mobile - 80 min</u>
• Trial Session:	\$75 (Reg. \$135)	\$110 (Reg. \$185)	\$100 (Reg. \$175)	\$120 (Reg. \$250)
• Monthly Packages: (expires monthly)				
- 1-2 Sessions	\$90/ session	\$125/ session	\$135/ session	\$150/session
- 3-5 “	\$85/ session	\$120/ session	\$120/ session	\$135/session
- 6-8 “	\$75/ session	\$110/ session	\$100/ session	\$120/ session
• Medical Grade CBD oil added to any session:	additional \$10/session			

- **Manhattan - Mobile:**

- <u>60 min/session:</u>	<u>Trial:</u> \$135	<u>Monthly Packages: 1-2 sessions:</u>	\$150/session (Reg. \$200)	<u>3-5 sessions:</u>	\$135/session
- <u>80 min/session:</u>	<u>Trial:</u> \$175	<u>Monthly Packages: 1-2 sessions:</u>	\$200/session (Reg. \$275)	<u>3-5 sessions:</u>	\$175/session

(After trial session, mobile clients with monthly packages are required to purchase a massage table. Heated & vibrating mats are optional)

- **Mobile** = We come to your home or office

LIMITED TIME DISCOUNTS:

Take an additional 10% off your purchase of \$199 or more for any of the following:

- Students, Teachers, Rabbis, Seniors, Govt Workers (city, state, federal), Nonprofit Workers, First Responders, & low income (< \$100k/yr)
- Anyone (regardless if not any of the above) who purchased an unlimited small group fitness monthly membership, take an additional 10% off purchase of \$199 or more on any personal training or bodywork package
- If you buy a Gift Card, or Cash Payment
- If you refer a client that spends \$199 or more

Payment: Cash, Zelle, Check, & credit cards..... For credit cards, a 3% processing fee will be charged

- **No refund for appointments cancelled less than 24 hrs prior.**
- In Home/Mobile services may have additional fees depending on location (such as if it's a private gym that charges hourly rental fees)

Expiration Dates: Personal Training, Paired Training, & Elite Training:

- Intro Special expires 2 weeks from purchase
- 12 session pack exp 2 months from purchase
- 24 session pack exp 4 months from purchase

Call for free phone consultation to discuss your goals!

MOFIT Health & Fitness
114 Ditmas Ave Brooklyn, NY 11218
or we travel to you in NYC!

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