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| **InBody 230 - Composition Analysis** | | |  |
| Non-Clients | | | $35 / scan |
| Certified Elite And Master Contract | | | FREE |
| **1 Hour 1-on-1 Personal Training** | Certified Trainer | Elite  Trainer | Master Trainer |
| Consultations | Free | Free | Free |
| Single Session | $60 | $70 | $80 |
| 1 Month | $40 | $50 | $60 |
| 3 Months | $35 | $45 | $55 |
| 6 Months | $30 | $40 | $50 |
| **30 Minute 1-on-1 Personal Training** | Certified Trainer | Elite  Trainer | Master Trainer |
| Single Session | $45 | $55 | $65 |
| 1 Month | $30 | $40 | $50 |
| 3 Months | $27 | $37 | $47 |
| 6 Months | $23 | $33 | $43 |
| **Online Coaching** | | |  |
| Basic ( workout template and macro based nutrition) | | | $200/ month |
| Standard (Meal plan, tailored workouts, check in calls) | | | $300/ month |
| Premium (Meal plan, Tailored workouts, check-in calls, with 2 in person video training sessions per month) | | | $400/  Month |
| **HIIT Cardio Class** | | |  |
| Drop In | | | $15 |
| 5 class package | | | $60 |
| Unlimited monthly | | | $80 |
| **Private Yoga/ Pilates** | | |  |
| 1hour | | | $55 |
| 45 min | | | $45 |

Titanium Fitness, 235 North Wolcott, Casper, WY 82601

307-262-4849 www.titaniumfitnesstrainer.com