

# The Secret Health Program Packages

## **Individual**

Level 1 - \$450  
6 sessions (1 per week)

Level 2 - \$800  
12 sessions (2 per week)

Level 3\* - \$1,100  
18 sessions (3 per week)

## **Group**

**(2-3 people)**

Level 1 - \$600  
6 sessions (1 per week)

Level 2 - \$1,100  
12 sessions (2 per week)

Level 3\* - \$1,500  
18 sessions (3 per week)

\*All Level 3 Clients will receive: a Stability Ball, set of 4 Thera Bands, Exercise Mat, and a 36' Foam Roller.

Note: Sessions are typically around 1 hour, but I will not cut your session short if we have not finished. The first session will typically last around 1:30.

