



# SMALL GROUP TRAINING \$\$\$

\*\*\*3 Month Contract Required\*\*\*

| [www.ReggieCFitness.com](http://www.ReggieCFitness.com) |

## 30 DAY CHALLENGE PACKAGE

INCLUDE PRICE OF TRAINING PACKAGE

• ADDITIONAL CHARGE PER TRAINING OPTION



• ACCESS TO 6 SPECIFIED/SELECTED DAYS OF SMALL GROUP TRAINING

• ACCESS TO WEEKLY PUBLIC INDOOR BOOTCAMSP AT SIGNATURE PHYSIQUES STUDIO (\$60 VALUE)

• MEAL GUIDANCE: CUSTOM TRANSFORMATION MEAL PLAN



• DAILY MONITORING OF NUTRITION

• WEEKLY MONITORING OF STATS

• ADDITIONAL WORKOUTS TO PERFORM OUTSIDE OF SMALL GROUP TRAINING

• SUPPLEMENT RECOMMENDATION

• DAILY FEEDBACK & COMMUNICATION

• WEEKLY NUTRITION MONITORING

• WEEKLY CRITIQUES



PRICES SUBJECT TO CHANGE

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## OPTION 1 ● ● ● ● ●

• ACCESS TO 2 SPECIFIED/SELECTED DAYS OF SMALL GROUP TRAINING

• ACCESS TO WEEKLY PUBLIC INDOOR BOOTCAMSP AT SIGNATURE PHYSIQUES STUDIO (\$60 VALUE)

• MEAL GUIDANCE: REGGIE C FITNESS DO'S & DON'T LIST



## OPTION 2 ● ● ● ● ●

• ACCESS TO 3 SPECIFIED/SELECTED DAYS OF SMALL GROUP TRAINING

• ACCESS TO WEEKLY PUBLIC INDOOR BOOTCAMSP AT SIGNATURE PHYSIQUES STUDIO (\$60 VALUE)

• MEAL GUIDANCE: REGGIE C FITNESS DO'S & DON'T LIST

\* 1 CUSTOM MEAL PLAN PER 3 MONTHS (CATERED TO THE CLIENTS SPECIFIC GOALS & PREFERENCES)



## OPTION 3 ● ● ● ● ●

• ACCESS TO 4 SPECIFIED/SELECTED DAYS OF SMALL GROUP TRAINING

• ACCESS TO WEEKLY PUBLIC INDOOR BOOTCAMSP AT SIGNATURE PHYSIQUES STUDIO (\$60 VALUE)

• MEAL GUIDANCE: REGGIE C FITNESS DO'S & DON'T

\* 2 CUSTOM MEAL PLAN PER 3 MONTHS (CATERED TO THE CLIENTS SPECIFIC GOALS & PREFERENCES)