



## Price List

**Let a Total Home Training (THT) Specialist help you reach your fitness goals within your budget.**

- ♣ **All of our THT Specialists are hand picked and trained by our THT Master Trainer Sam Maniatis and the founder of the THT System.**
- ♣ **All of our THT Specialists are Insured, Experienced, Certified and Qualified.**
- ♣ **Initial FREE Consultation.**
- ♣ **All Fitness Programs are overseen by: THT Master Trainer Sam Maniatis**
- ♣ **All Fitness Sessions last from 45-60 minutes.**

**Prices will vary depending on needs (fitness level / health assessment / goals), size of THT session packages and group rates.**

- | 20 THT session Package (range from \$45-\$75 per session + taxes)
- | 10 THT session Package (range from \$50-\$80 per session + taxes)
- | 5 THT session Package (range from \$65-\$90 per session + taxes)

- 
- | 5 THT sessions/provided with a written fitness program = range from \$425 -\$550.00 + taxes
  - | 1 THT sessions/provided with a written fitness program = range from \$170 -\$200.00 + taxes

- 
- | Couple/Small Group Rates: Rates can be reduced by increasing the number of clients training during the THT Training session by \$5-15 each client depending on number of clients, up to 5 clients MAX (depending on THT Trainer). This will need to be discussed with THT.

**Contact Christine at (450) 465-1426  
or e-mail [christine@totalhometraining.com](mailto:christine@totalhometraining.com)  
Website : [www.totalhometraining.com](http://www.totalhometraining.com)**