

TURTLE STRENGTH

POWER-OF-10 INSTRUCTION

Welcome to your Turtle Strength Workouts!

Thank You for trusting me with your fitness needs. My goal is to help you gain muscle and strength, safely and progressively, so that you may experience all the benefits of exercise for the long term such as: increased metabolism, cardiovascular efficiency, increased bone density, enhanced flexibility & resistance to injury (among others).

2025 PRICING & POLICIES:

1 hour Consultation = **\$130** (Includes first 30min session)

STRENGTH SESSIONS:

ONCE A WEEK (30 MINUTE) SESSIONS:

Single session = **\$110**

5 Pack = \$475 - **\$95** per session (valid 8 weeks)

10 Pack = \$900- **\$90** per session (valid 13 weeks)

Packages are **valid for the amount of weeks equal to the number of sessions PLUS three courtesy weeks**. (For example, a 10-pack is valid for 13 weeks)

You may place any package on hold only **ONCE** for a maximum of up to **ONE** full month for illness, travel or emergency.

Beyond the hold and 3-week grace period, sessions will expire with no further exceptions.

Please NOTE: The larger the package, the lower the rate per session, but also the less flexibility you have. For clients who require consistent flexibility due to work or travel, I recommend the 5 pack.

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For **REFERRALS** who buy a package, you **get \$50 off** your next package!

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PAYMENT:

Payment is accepted via Venmo, Zelle, Cash or Check:

VENMO @TurtleStrength ZELLE: turtlestrength.biz@gmail.com CHECK: "Turtle Strength"

For Credit Cards payments there will be a 2-3% surcharge.