

SWEAT PROS PERSONAL TRAINING AND VFIT COACHING

PERSONAL TRAINER: JOHN DESTACAMENTO

VFIT COACHING ONLY

VFIT1 - \$14.99 * (REG \$19.99)	VFIT4 - \$69.00	VFIT8 - \$119.00
1) - 15 min. Session	4) - 15 min. Sessions	8) - 15 min. Sessions

*Introductory rate only, good for one use per person

IN-GYM PERSONAL TRAINING WITH VFIT COACHING

Clients can now combine both services to their program! Meet one-on-one for a session with your personal trainer then stay connected with your VFIT COACH outside of the gym! VFit Coaching requires use of EfitX application.

Hybrid 404 - \$320 4) Personal Training Sessions (55 min ea) plus 4) VFit Advisory Sessions (15 min ea)	Hybrid 808 - \$620 8) Personal Training Sessions (55 min ea) plus 8) VFit Advisory Sessions (15 min ea)
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John's in-gym training programs are limited to meeting twice per week the first two weeks of the program, thereafter client meets only once per week. Depending on the program design, clients are encouraged to workout once or twice on their own at their membership gym. Instructional workout lists and guidance are provided by the VFIT Coach and the EfitX platform. If more face-to-face sessions are preferred weekly client can use the option of hiring another trainer for additional costs.

See next page for scheduling recommendations

SCHEDULING

IN-GYM PERSONAL TRAINING WITH VFIT COACHING

Applies to Personal Trainer John Destacamento actual time vary based on availability

GPT = In Gym Personal Training Session.

ST = Self Training: Client works out on their own at their membership gym utilizing VFIT COACHING.

VFITA = Coach utilizes a 15 min Advisory Session to develop or consult clients program..

HYBRID 404 EXAMPLE SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
	GPT	VFITA	ST		ST	
	GPT	VFITA	ST		ST	
	GPT	VFITA	ST		ST	
	GPT	VFITA	ST		ST	

HYBRID 808 EXAMPLE SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
	GPT	VFITA	GPT		ST	
	GPT	VFITA	GPT		ST	
	GPT	VFITA	ST		ST	
	GPT	VFITA	ST		ST	
	GPT	VFITA	ST		ST	
	GPT	VFITA	ST		ST	
	ST	VFITA	ST		ST	
	ST	VFITA	ST		ST	

VFIT COACHING is an ongoing consulting process and it is highly recommended that clients continue to receive coach guidance after in-gym sessions have ended.