

# ***STRENGTH ZONE TRAINING***

*105 Smokehill Lane, Suite 190  
Woodstock, Georgia 30188  
(Inside Batters Up Sports Complex)  
Owner: Mike Abbott  
Telephone: (770) 924-2863  
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## ***Training Rates***

<i>Single Session</i>	<i>\$65.00 hr.</i>
<i>Package of 6 sessions</i>	<i>\$60.00 hr.</i>
<i>Package of 12 sessions</i>	<i>\$57.50 hr.</i>
<i>Package of 24 sessions</i>	<i>\$55.00 hr.</i>
<i>Package of 36 sessions</i>	<i>\$50.00 hr.</i>
<i>Intro to Weight Training</i>	<i>\$120.00 (4 – 1 hr. sessions)</i>
<i>Group Training (2 individuals)</i>	<i>\$45.00 hr. (per person)</i>
<i>18 or more sessions</i>	<i>\$40.00 hr. (per person)</i>
<i>Group Training (3 individuals)</i>	<i>\$35.00 hr. (per person)</i>
<i>18 or more sessions</i>	<i>\$30.00 hr. (per person)</i>
<i>Individual Workout</i>	<i>\$5.00 (per visit)</i>

***An investment in your health and self esteem.***