



START TRAINING TODAY

JOIN NOW

buffambitionfitness.com

Personalized Training Packages

We offer a variety of packages to suit your fitness goals and budget. All packages include personalized workout plans, nutritional guidance, and regular progress tracking. Consultations are always free to help you find the best fit!

- **One-on-One Training:** Ideal for focused, individualized attention. Our certified trainers will tailor every session to your specific needs and goals.
- **Small Group Training (2-4 people):** A cost-effective option that still provides personalized attention. Perfect for friends who want to train together and motivate each other.
- **Online Coaching:** Flexible and convenient, offering customized plans and remote support wherever you are.
- **Mobile Training:** For special circumstances we provide in person mobile training sessions in your home or our home studio. (\$10+ fee for travel depending on location)

Package Details & Pricing

Package Type	Session Duration	Frequency	Price Per Session	Monthly Price
One-on-One (Single)	60 minutes	As needed	\$50	
Transformation Package (Single)	60 minutes	1-3 sessions/week	N/A	\$152 (1 wkly) 304 (2 wkly) \$420 (3 wkly)
Small Group (Per Person)	60 minutes	1-3 sessions/week	\$25	\$100 (1 wkly) \$200 (2 wkly) \$300 (3 wkly)
Online Coaching (Monthly)	N/A	Unlimited support	N/A	\$100 (includes customized plans & weekly check-ins)
One-on-one mini session (single)	30 minutes	As needed	\$30	\$100 (1 wkly) \$200 (2 wkly) \$300 (wkly)

Additional Services

Inquire about specialized services such as:

- **Body Composition Analysis:** Understand your lean muscle mass, body fat percentage, and more.
- **Sport-Specific Training:** Enhance performance for your chosen athletic discipline.
- **Pre/Post-Natal Fitness:** Safe and effective training for expecting and new mothers.

Pricing for additional services available upon consultation.

Ready to Begin Your Journey?

Investing in your health and fitness is one of the best decisions you can make. Our team is dedicated to helping you achieve lasting results. Contact us today to schedule your **free initial consultation**

and let's start building your personalized fitness plan!