

# Millennium Rehabilitation

## Now Introducing . . .

### Personal Training

Have you always wanted to get in shape or begin a fitness routine, but don't know where to start?

Let us guide you with our fitness program, which includes an initial consultation, customized exercise plan, and one on one guidance.

#### Prices:

##### **Initial Consultation: \$ 75.00**

- Body Fat Analysis
- Participant Specific Goal Design
- Fitness & Nutrition Education
- Personalized Exercise Plan

##### **Self Guided Fitness \$ 5.00**

- Use of Equipment

##### **Follow-Up Consultation: \$ 25.00**

- One on One Fitness Training -with appropriate progression recommendations.

##### **Fitness Package \$ 170.00**

Includes:

Initial Consultation  
3 Follow-Up Consultations  
8 Days of Self-Guided Fitness  
Millennium T-Shirt!