

# NATALIA SALTIKOVA'S FITNESS PROGRAM

RATES for private lessons:

## Training for Individuals

In-home or personal fitness studio training for individuals

All lessons are 80 minutes long

Once a week: \$80 per lesson(4 lessons per month)

Twice a week: \$75 per lesson(8 lessons per month)

Three times a week: \$70 per lesson(12 lessons per month)

## Training for Two People (Fee per person)

In-home or personal fitness studio training for two people

All lessons are 80 minutes long

Once a week: \$60 per lesson(4 lessons per month)

Twice a week: \$55 per lesson(8 lessons per month)

Three times a week: \$50 per lesson(12 lessons per month)

## Training for Three People (Fee per person)

Once a week: \$50 per lesson(4 lessons per month)

Twice a week: \$45 per lesson(8 lessons per month)

Three times a week: \$40 per lesson(12 lessons per month)

All packages are paid on a monthly basis.

Personal Fitness Studio: 40 Viceroy Rd., Unit 12

Vaughan, ON L4K 2L8

Trainer Natalia Saltikova – (416.995.6347)

[www.saltikovashaping.com](http://www.saltikovashaping.com)