



NOW OFFERING VIRTUAL PERSONAL TRAINING

**YOU
HAVE THE
WILL...**

**WE HAVE
THE WAY!**



Virtual Personal Training (VPT) includes:

- Live 30-min coaching session(s) with your trainer
- Schedule your appointment online via [PT Fit Works App](#)
- Receive personalized workouts to keep you on track between sessions



Single & multi-pack options available:

- Single session \$33.00
- 5-pack sessions \$150.00

GET STARTED TODAY!

EMAIL US AT: tysonstower.fitness@hines.com