

# STRESS MANAGEMENT

## **BMTF Focus**

Online Coaching Group

Start dates: JAN 1 . APR 1. JUL 1. OCT 1.

Pricing varies per course

## **BMTF Foundation**

General Personal Training Pricing reflects 30 minute sessions

1 session per week \$125/month

2 sessions per week \$240/month

3 sessions per week \$335/month

## **BMTF Mental Health Movement**

\$215 per month

- Unlimited group fitness classes
- One a week check in with a coach
- Personalized plan



All service packages are a 90-day commitment to be paid in full upfront or monthly via autopay debit/credit.

Fitness Center memberships are sold separately from fitness training services.

Scheduling a free consultation is the first step to get started.

