



Training Programs

Back to the Basics Program (Group or Personal Training)

This program is set-up for beginners! The plan is designed to help individuals develop excellent cardio vascular and conditioning of the body. Clients will get rid of stubborn fatty areas by losing weight and changing their nutrition.

Program includes Customized Meal Plan and Supplement suggestions.

(Training is offered for 45 minutes 3 days a week at \$239.99 monthly)

Class times: **Tuesday, Wednesday, and Fridays at 5am, 5:45am, 7:15am and 9am.**

The Edge -Personal Training

Edge training is for individuals who love training and ready to take their physique to the next level.

*Strength Training *Muscle Building *Machine Training *Accountability *Extreme Core *Personal training videos, most importantly the results you are looking for to turn heads and become a better you!!

Program includes Customized Meal Plan and Supplement suggestions.

(Training is offered 45 minutes daily up to 3 days a week at \$310 monthly)

Availability based on Client: Please call in to schedule fitness assessment.

Body Building Competition Training and Prep

If you're a competitive person, love training, and always dreamed of going on stage, then it's time for you to train with the best! IFBB Pro Bodybuilder Fatimah Ray will definitely get you there! Build the body of your dreams with sweat, blood, and tears and earn applause from your family and friends! The package offers the highest level of intense training and with proven results.

*Accountability *Strength Training *Muscle Building *Machine Training *Structure *Extreme Core *Personal training videos, Supplements and Posing. Competition Prep can take anywhere from 8 weeks to a full year.

Competition Assessment Fee is \$100.00 and rates are discussed after initial assessment!

Fitness Assessment

It's important to learn your numbers and test your fitness level. Assessment includes weigh-in, measurements, body composition testing, body fat testing, and a 30 minute workout to check your flexibility, endurance, and breathing. The assessment is \$50 and usually takes 1 hour.

Additional Services

*Studio Rental \$150 hourly

*Customized Meal Plans \$50-\$100

*Meal Preparation \$50-\$100

*Motivational Speaking \$100

*Photo Shoot Space \$100

