



Total Fitness Training, Inc.

2803 Fruitville Rd, #125 • Sarasota, FL 34237

(941) 366-8500 • www.TotalFitnessTrainingInc.com

FEE SCHEDULE

We at Total Fitness Training work very diligently with each client in blocks of 10 sessions. The program progresses gradually so by the 10th session you, your doctor, your family and friends will notice a big improvement in function, strength, stamina and reduced risk of further health and medical problems. You will see an improved quality of life and more confidence.

At The Clinic/Studio:

- Pre-Exercise Health and Fitness History/Physical/Evaluation.....\$ 85
- 10 Exercise Therapy Sessions.....\$ 550

At Your Home or Apartment:

- Pre-Exercise Health and Fitness History/Physical/Evaluation.....\$ 110
- 10 Exercise Therapy Sessions.....\$ 950

The 10 sessions at the clinic or your home include the complete History/Physical/Evaluation report. We also discuss your medical conditions and medications and review your doctor's and your goals and objectives. Both your doctor and you get a copy of the summary of your evaluation. We then send periodic progress reports to your doctor.

Our system is a very individualized, specialized and clinically-based, health and fitness program. Every high quality session is one-on-one with a Clinical Exercise Specialist. Only the Specialist and you are in the facility. The Specialist exercises right along with you as you exercise. We know that we are doing very important work and that you are very special to your family.

Clients come to us after a heart attack, bypass surgery, hip replacement, back surgery or a stroke. You may seek help because of Parkinson's, the trauma of an auto accident, high blood pressure, diabetes or to lose weight. Physicians also refer individuals to us to help gain strength before surgery.

Clients need a very specific and special program so they can get back on their feet and return to a healthy lifestyle. Many clients are executives at a bank, insurance company, or oil company or they run a business. Some are retired and just want to remain fit and healthy. Our clients prefer to exercise in a very private and professional setting rather than in a group setting.