

ELITE FITNESS PACKAGES

Duration: 1h30

Discovery Session & Comprehensive Diagnostic

- ▶ Full joint and muscle assessment
 - ▶ Body fat mass assessment
- ▶ Mobility and postural balance tests
- ▶ Strength & cardiovascular training
- ▶ Analysis of needs and personalized objectives
- ▶ Initial program & recovery recommendations

Price: €250

10-Session Pack

Initial Performance

- ▶ Full joint and muscle assessment
 - ▶ Body fat mass assessment
 - ▶ 10 private sessions – 1h each
- ▶ Tailored coaching with progressive adjustments
- ▶ Advanced stretching & recovery techniques
- ▶ Integrated stress management strategies
 - ▶ Monthly progress review

Price: €1 650
(€165 / session)

25-Session Pack

Transformation

- ▶ Full joint and muscle assessment
 - ▶ Body fat mass assessment
 - ▶ 25 private sessions – 1h each
- ▶ Structured program for measurable results
- ▶ Advanced stretching & targeted mobility work
 - ▶ Mental coaching & stress management
- ▶ Regular progress analysis & adjustments

Price: €3 625
(€145 / session)



HOLISTIC HEALTH

Elite Fitness 360° Pack **Health & Performance**

- ▶ Full joint and muscle assessment
 - ▶ Body fat mass assessment
 - ▶ 50 private sessions – 1h each
- ▶ Priority access & exclusive coaching
- ▶ Quarterly joint & muscle reassessment
- ▶ Written progress reports every 3 months
 - ▶ Integrated performance & stress management strategies
- ▶ Guidance on recovery, sleep & lifestyle balance
 - ▶ Direct & unlimited access

Price: €6 000
(€120 / session)

Exclusive Advantage

With the purchase of an **Elite Fitness Pack** or an **Advanced Nutrition Pack**, receive **up to 30% off** the complementary pack.



Contact us to schedule your consultation

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