



TRUE 1:1 PERSONAL TRAINING

Every plan and every visit... 100% customized for YOU!!!
NEVER any "add-on" or "membership" fees!

balance... stability... core strength... and so much more!

SINGLE

\$40/SESSION

Pay as you go. The ultimate in high flexibility,

DOUBLE

\$180 / 5 SESSIONS
(\$36/SESSION)

Solid option for those who aren't quite ready to commit....

BIG BEAR



STRENGTH & CONDITIONING
MORRISTOWN, NJ

TRIPLE

\$300 / 10 SESSIONS
(\$30/SESSION)

Now we're gettin' serious...

HOME RUN

\$540 / 20 SESSIONS
(\$27/SESSION)

True commitment!!!

Big Bear Strength & Conditioning

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www.bigbearstrength.com

973.285.0888



morris spine & sport

holistic. balanced. wellness.

@bigbearstrengthconditioning
#getbearfit



ROOT CAUSE
FUNCTIONAL
MEDICINE CENTER