

# Gift Card Specials

## Package Rates

### At-Home Personal Training:

4 Week Transformation Plan

- 60 min 1on1 Training: ~~\$400~~ → \$320
- 30 min 1on1 Training: ~~\$300~~ → \$240
- 60 min SG Training: ~~\$480~~ → \$384
- 30 min SG Training: ~~\$380~~ → \$304

*Note: SG stands for small group (2-4 people)*

### Virtual Personal Training:

4 Week Transformation Plan

- 60 min Zoom Training: ~~\$240~~ → \$192
- 30 min Zoom Training: ~~\$180~~ → \$144

#### INSTRUCTIONS

Enter the original price (the red-line price) as your gift card amount.

Type in the promo code: GIFT20, at the checkout screen.

Please email any questions to [Joel.Balaban@AtmosEffect.com](mailto:Joel.Balaban@AtmosEffect.com)

\* All packages include complimentary access to our app for nutritional guidance, progress tracking & workouts on days we don't physically meet \*