

State of the Heart Fitness® Training

Ocean Spa and Fitness is proud to partner with State of the Heart Fitness®, a team of degreed exercise physiologists, personal trainers, and lifestyle coaches who believe that health is the foundation of happiness and fulfillment.

Introductory "Start-Up" Fitness Package

\$255

Discover a safe and effective way to feel healthy and fit with a 90 minute fitness assessment and consultation, tailored exercise prescription, and 3 personal training sessions.

Fitness Assessment

\$195

Get *more* out of your fitness program! A fitness assessment tests your current strength, flexibility, cardio-vascular health, and body composition in order to establish an appropriate baseline through which a proper fitness program can be established.

Body Composition Analysis

\$35

Is your fitness program right for you? We'll determine your current health risks by assessing your body fat percentage, body mass index, and waist to hip ratio and provide you with healthy tips for losing weight safely and effectively.

Group Training

\$175+ (additional person \$10)

Getting healthy is easier with the support of your friends. Share your struggles, your pain, and your successes... together! Limit 10 people.

Semi-Private Training (2 people)

\$150

Personal Training

½ hour session	\$ 50
1 hour session	\$ 85
6 sessions	\$ 492
12 sessions	\$ 960
18 sessions	\$1386
24 sessions	\$1800

To reserve your training session call 310.842.5657. Visit www.stateoftheheartfitness.com for more information about our training and wellness programs.

