

SPECIALTY



FITNESS PROS

**TRAIN WITH
DARIUS**

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STE 700

Mountlake Terrace, WA
98043



**@DARIUSHOLLINSHED
@SPECIALTYFITNESSPROS**

**TRAINING STYLES
FOR EVERYONE!**

- *AEROBIC
- *ATHLETIC
- *FAT LOSS
- *REHABILITATION
- *SPORTS SPECIFIC
- *STRENGTH



SFP

3, 6 & 12 MONTH
FITNESS TRAINING
PROGRAMS



SPECIALTYFITNESSPROS.COM

ONE 60 MINUTE WORKOUT/ WK

This is a six month plan for those who want training without having to design their own, and also want to be held accountable to their goals in one-on-one training sessions with Darius once per week. You'll have access to meal plans and exclusive at home/ gym workouts within the members section of the SFP App.

***Save 3% when you pay in full!**

TWO 60 MINUTE WORKOUTS/ WK

This training plan is for those looking to see progress and reach their goals faster than the one times per week plan!

What you get:

- Strength Building
- Mentorship
- Movement Fundamentals
- Coordination Improvement
- Confidence Boosting Discussions
- Athletic Style Training That Fits You
- Nutrition Challenges
- Food List Items (Meal Plans)
- On Demand Measurements

Was 1,360.00/ MO
Currently 825.00/ MO

***Save 3% when you pay in full!**

THREE 60 MINUTE WORKOUTS/ WK

This training plan is for those looking to see progress and reach their goals faster than the two times per week plan!
What you get:

- Everything in the Two Times per Week Plan
- 4 Additional Workouts

Was 1,844.00/ MO
Currently 1,200.00/ MO

*Packages are inclusive of a personal training program with Coach Darius.