

**WWW.IDEALPHYQUES.COM**

**SERVING OC**

**HOME.GYM.OFFICE.BOOT CAMP**

**(949) 680-9525**

## **STIMULUS PRICING**

**WOMENS OR MENS DISC = \$200 FOR DISC AND 1 (1) HOUR SESSION. \*WOMEN'S DISCS INCLUDES MEAL PLANS, SUPPLEMENTATION, WORKOUT, TARGET HEART RATE, BODY MASS INDEX CALCULATOR, PROTEIN/CARBOHYDRATE CALCULATOR SITES, AND MUCH, MUCH MORE... OVER 50 PAGES OF HELPFUL REFERENCE MATERIAL THAT WILL LAST A LIFETIME\***

**\* MEN'S DISC WILL ALSO HAVE WORKOUT BUT DUE TO THE FACT THAT SOME MEN WANT TO GAIN LEAN MUSCLE MASS AND OTHERS WANT TO SHED INCHES FROM THEIR MIDSECTIONS AND OR DROP A FEW POUNDS, YOUR WORKOUTS WILL HAVE TO BE CATERED TO YOUR SPECIFIC NEEDS. (ALSO INCLUDED IN COST)\***

**DISCS ALONE ARE \$150. THEY ARE ONLY \$125  
WHEN PURCHASED WITH PREPAID PACKAGE(S) OR  
A SINGLE SESSION.**

**1 SINGLE SESSION \$75**

**PACKAGE OF 6 SESSIONS \$350**

**PACKAGE OF 10 SESSIONS \$600**

**PACKAGE OF 20 SESSIONS \$1000**

**PACKAGE OF 30 SESSIONS \$1700**

**AT HOME OR OFFICE VISITS**

**1 SESSION + DISC \$200**

**6 SESSIONS \$595 (DISC \$125)**

**10 SESSIONS \$900 ( " )**

**20 SESSIONS \$1700 ( FREE )**

**30 SESSIONS \$2500 ( FREE )**

**1 HR. (2 FOR 1)/BOOTCAMP OR 30 MINUTE 1 ON 1  
SESSIONS**

**\$299 PER PACKAGE OF 10**

**\*\*\*BE SURE AND ASK ABOUT SPECIALS, I CAN  
WORK WITH ANY BUDGET!\*\*\***