

# FITNESS CONSULTATION SERVICES

**NEED SOME FITNESS ADVICE?**  
EMAIL ASHLEY AT [ASHLEY@IAMSOFIT.COM](mailto:ASHLEY@IAMSOFIT.COM)

**Looking for a workout plan suitable for you?**  
Check out our customized program rates.

## **RATES**

8 week programs: \$35  
12 week programs: \$45  
16 week programs: \$55

For inquiries, please email Ashley at [ashley@iamsofit.com](mailto:ashley@iamsofit.com) or  
text/call (309)258-3761

