

... at Studio Succeed ...

Private Training

	fifty-five minutes	thirty minutes
single session	65	45

Monthly Packages

eight – eleven sessions	60	40
twelve – fifteen sessions	55	38
sixteen+ <i>family share pack</i> *	55	38

Semi-Private Training

	fifty-five minutes	thirty minutes
two people	50	35
three people	45	30
four people	40	25

All prices are per person / per session

... in your Home ...

Private Training

	fifty-five minutes
single session	95

Monthly Packages

eight – eleven sessions	90
twelve – fifteen sessions	85
sixteen+ <i>family share pack</i> *	85

Semi-Private Training

	fifty-five minutes
two people	80
three people	75
four people	70

All prices are per person / per session

... Professional Policies ...

Training sessions are available *Monday through Friday* at either Studio Succeed or your home. Weekend training sessions are available for an additional fee.

Twenty-four hours notice is required for all cancellations and rescheduling of appointments or you will be *charged in full* for the time reserved.

All monthly packages must be *purchased in advance* and *expire the last day of the month* in which they are purchased. *No refunds or credit* will be given for any unused portion of the package.

All single sessions must be *paid for at the time of service*.

* Our Family Share Pack is available to *all family members residing at the same address*.

Prices are *effective June 1, 2007* and are *subject to change*.

About Us

Fitness and athletics have always been an integral part of our lives—challenging us, teaching us, guiding us. The same passion that moved us as kids to play touch football, or tag, or to simply run as fast as we could for no reason at all, evolved over time, leading us to compete in NCAA track and field and to earn our bachelor degrees in the discipline of Exercise Science. Upon graduation in the early 1990s, we excitedly traded in our spikes for internships at The National Institute for Fitness and Sport in Indianapolis and began our personal training careers.

In 1998, Bill joined the Indiana Pacers as their Strength and Conditioning Coach, training some of the best athletes in the world for seven years. Today, we continue to foster our love of fitness and athletics through Succeed, an endeavor that allows us to further evolve, inspire others, and to be inspired in new ways.

Succeed means *to thrive or prosper* and *to realize a goal*. These are our hopes for our clients, our selves, and our business. We strive to cultivate an environment where integrity, mutual respect, trust, accountability and consistent hard work lead to success. Combine this with over twenty years of experience in the field of Exercise Science, scientifically proven training techniques and outstanding individual attention and you have SUCCEED—Personal. Training. Evolved. We welcome individuals, couples, small groups and teams, regardless of age or ability, who are motivated to manifest change in their lives through fitness or sport.

Bill + Chris Dean

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SUCCEED
PERSONAL. TRAINING. EVOLVED.

Do you want to be a better athlete—one who is fit, fast, and flexible? Our private or semi-private training will help you improve your performance through fitness.

Our goal is to create a motivating environment where fitness is enjoyable; where your consistent hard work and our knowledge lead to your success.

We'll customize your training program using your individual goals and current level of fitness as our foundation. Your program will include specific drills and exercises designed to increase your strength, speed, power, agility, lateral movement, endurance and flexibility—all components critical to being a great athlete. We will help you succeed.

Our Mission

To create a partnership with our clients, empowering them to manifest change in their lives, which allows them to thrive, prosper, and realize their goals.