



Khy Patterson Certified Trainer

Certifications:
**NASM Certified
Personal Trainer**

**Pregnancy &
Postpartum
Corrective
Exercise
Specialist**

**Precision
Nutrition
Certified**

**“Healthy looks
different on
every—body.”**

~ Khy

**Call or Text:
443-449-0998**

**Email:
Lift.With.Khy@gmail.com**



One Person Standard* Session: \$60

One Person Thirty Minute: \$35

Two Person Standard* Session: \$35 per person

Four + (45 min group/class) - \$20 per person

One on One Standard* Package:

6 Sessions for \$270

9 Sessions for \$430

12 Sessions for \$510

One Person 30 min Package:

6 Sessions for \$180

12 Sessions for \$330

Two Person Joint Standard* Package:

6 Sessions for \$390 (\$195 per person)

12 Sessions for \$720 (\$360 per person)

4-Week Written LP Workouts: \$120

****Standard Sessions are between 45-60 mins as Trainer sees fit. A Waiver & Cancellation Form must be signed prior to purchases. All purchases must be made through Fr Meade MWR at Gaffney Fitness Center. Phone: 301-677-2349****