

Muscle Church Fitness

Hillary Timms *Certified Personal Trainer*

(410) 849-9081 | hillary@musclechurchfitness.com | musclechurchfitness.com

"Strength training for postural correction and mobility."

A la Carte Packages

- 1 session- \$60
- 2 sessions - \$100
- 3 sessions- \$ 150

Weekly Packages/Veteran Discount

- 1 session- \$40.00
- 2 sessions- \$80.00
- 3 sessions- \$120.00

Unlimited 30 minute sessions \$400.00 month
excludes weekends unless done virtually

Online Services:

- Hour session- \$50.00
- Half Hour session- \$30.00
- \$40.00 a session if more than once a week
- \$50.00 for monthly training plan with unlimited form checks and \$20.00 30 minute sessions
- \$100.00 for monthly training plan with one built in session a week and unlimited form checks,
additional 30 minute sessions \$15.00 and hour sessions \$30.00



Certifications:

*Certified Personal Trainer
Behavior Change Specialist
Certified Weightlifting Performance
Coach
Youth Exercise Specialist
M.A., Counseling and Spiritual
Care - Fordham University B.F.A.,
Dance and Musical Theatre -
AMDA NYC Volunteer Firefighter*

