

# FITNESS WITH BRIDGET

## CERTIFIED PERSONAL TRAINER & MINDSET COACH

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## SERVICES

### Single Coaching Session: \$55

- Suitable for:
- ✓ Gym equipment familiarization
  - ✓ Exercise techniques & form correction
  - ✓ Introduction to different types of training
  - ✓ General fitness consultation
  - ✓ Movement & functional assessment

### Personalized Training Programs: \$50 / session (minimum 8 sessions required)

- Suitable for:
- ✓ Working towards short-term / long-term fitness goals
  - ✓ Working with a customized training plan
  - ✓ Behavioral change and lifestyle improvement

### Small Group Training Session: \$85 (2-4 people)

- Suitable for:
- ✓ Training with friends and family
  - ✓ Weight training, circuit training, HIIT, low-impact training, etc.

Each session is 50 minutes.

Virtual training is available upon request.

All purchases are made through SFA at  
Gaffney Fitness Center. (301)677-3716

