Price List

Personal Training

Per Session	$45.00
3 Sessions (1st time users only)	$99.00
5 Sessions PIF	$200.00
10 Sessions PIF	$400.00
Group Training 2 people	$20/per
Group Training 3 people	$15/per
Group Training 4 people	$10/per
10-30 minute PT Sessions	$220.00

Personal Training & Massage Packages

10 PT & 2 Massages	$480.00
5 PT & 1 Massage	$260.00

Nutritional Consultation

$60 - includes meal planning,
4 body stats and follow up visits

Massage Therapy

All types - Swedish, deep tissue,
sports, pregnancy, thai, stretching

Per Hour	$60.00
5 pack PIF ($50 per session)	$250.00
10 pack PIF ($45 per session)	$450.00

#1 Response After Working With Kathleen –

"I wish I would have done this sooner!"

So what are you waiting for?
Call Today!
443.695.5514

Available at:
Model A Fitness & Athletic Club
950 Broad Street
Delta, PA

knowing your body inside & out

kathleen m. brady
total body consultant
443.695.5514

knowing your body inside & out

total body consultant

kathleen m. brady

about kathleen brady

- maryland certified massage therapist
- aafa certified personal trainer
- aanc certified nutritional consultant

Kathleen has been a fitness professional and a massage therapist for over 10 years. Her education includes:

- B.S. in Health Education from Towson University
- Graduate from the Baltimore School of Massage
- Advanced Training Techniques for Spinal Stabilization and Post-Physical Therapy Rehabilitation from Reebok University

Kathleen is on the staff at Community College of Baltimore County in their Massage Therapy Department and also teaches personal training seminars for trainers at other local athletic clubs.

Kathleen's goal is to be able to respond to her clients' health needs in every way possible, using all of her knowledge of the body, *inside and out*.

personal training & nutritional services

Who needs a personal trainer?

Everyone! Personal training can help attain your goals, keep you motivated, give you new ideas for stale workouts and it takes the thinking out of exercise.

Not only that, but any person who has sustained injuries or has had surgery should be working with a trainer to ensure proper exercises, techniques and the level appropriate for you.

As your trainer, Kathleen's goal is to give you the information and tools your need to be able to work out effectively on your own and achieve your desired results.

Remember, personal training is not about counting your repetitions, it is about helping you become better, faster!

massage therapy services

Why should you get a massage?

Because it feels good!

Plus, there are many healthy benefits to receiving massage therapy on a regular basis:

- Promotes Relaxation
- Relieves Tension & Stress
- Relaxes Achy Muscles
- Improves Posture
- Helps Circulation
- Lowers Blood Pressure
- Strengthens the Immune System

Regular massages can help prevent many of our aches and pains. By the time we feel pain due to muscle soreness, the muscles have already been compromised weeks before. But massage therapy can help improve your flexibility, increase your range of motion in tight joints and improve rehabilitation time after an injury. Recent research also proves that massage therapy helps ward off almost all chronic diseases and even aids in weight loss!

Achieve a healthier lifestyle - both *inside & out!*

Call Kathleen to make an appointment today!

443.695.5514