

# SPECIALTY



FITNESS PROS

**TRAIN WITH  
DARIUS**

23601 56th Ave W  
STE 700

Mountlake Terrace, WA  
98043



**@DARIUSHOLLINSHED  
@SPECIALTYFITNESSPROS**

**TRAINING STYLES  
FOR EVERYONE!**

- \*ATHLETIC
- \*SPORTS SPECIFIC
- \*REHABILITATION
- \*AEROBIC
- \*WEIGHT LOSS
- \*STRENGTH
- \*MAINTENANCE



# SFP

**3 MONTH FITNESS  
TRAINING  
PROGRAMS**



**SPECIALTYFITNESSPROS.ORG**

## ONE 60 MINUTE WORKOUT/ WK

This is a three month plan for those who want training without having to design their own, and also want to be held accountable to their goals in one-on-one training sessions with Darius once per week. You'll have access to meal plans and exclusive at home/ gym workouts within the members section of the SFP App.

\$742/ MO

**\*Save 3% when you pay in full!**

## TWO 60 MINUTE WORKOUTS/ WK

This three month plan is for those looking to see progress and reach their goals faster than the one time per week plan! You get access to meal plans and exclusive at home/ gym workouts within the members section of the SFP App + a complimentary ready-to-eat meal with every training session!

\$1,360/ MO

**\*Save 3% when you pay in full!**

## THREE 60 MINUTE WORKOUTS/ WK

You mean business! This three month plan is for those who want it all, and results faster. In this package you're going to get three one-on-one sessions per week with Darius, access to meal plans + exclusive at home/ gym workouts within the members section of the SFP App + a complimentary ready-to-eat meal with every training session and more!

\$1,844/ MO

**\*Save 3% when you pay in full!**

\*Packages are inclusive of a personal training program with Coach Darius.