

Cassidy Bek B.S., NSCA-CPT, AFAA-Group EX

C: 808.457.9794 E: Contact@excessafit.com www.excessafit.com



	30 mins	45 mins	60 mins
Single Session	\$50	\$75	\$90
5 Pack	\$213	\$194	\$383
10 pack	\$400	\$600	\$720

Work 1:1 with a coach to reach your goals. Whether you are brand new to the gym and need tips on technique, or prepping for a competition we are prepared to work with all levels!