

# VIRTUAL PERSONAL TRAINING AT HOME WITH FITNIGERIA

You'll be joined online via video conference by your dedicated FitNigeria trainer who will coach & guide you through your 1 hour session. Further details of the training sessions will be shared with you during your check-ins.

Kickstart your FitNigeria experience wherever you are today!

Contact us to sign up  
[manager@fitnigeria360.com](mailto:manager@fitnigeria360.com)  
+2348025191432



**1 DAY - N8,000**

**1 WEEK (3 SESSIONS / WEEK) - N18,000**

**1 WEEK (5 SESSIONS / WEEK) - N28,000**

**1 WEEK (6 SESSIONS / WEEK) - N30,000**

# TONE THAT BODY, TOGETHER!

STRENGTH, FLEXIBILITY & CARDIO with FITNIGERIA

## ONLINE GROUP FITNESS TRAINING

### **1 session**

Less than 20 participants: N1,500 pp

More than 20 participants: N1,200 pp

### **2-3 sessions weekly**

Min. # of participants: 5

Starts from N5,000 (N1,000 pp)

Please enquire via Whatsapp or e-mail  
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[www.fitnigeria360.com](http://www.fitnigeria360.com)