



SKO-Fit is a fitness consulting company founded by Suzanne Ko, providing a holistic approach to your overall well-being. Suzanne will guide you in making permanent lifestyle changes for a healthier lifestyle, through smart eating choices and exercise. Services include Lifestyle Consulting, Personal Training and fitness classes.

Eatin'-Fit Program

Take charge of your health by making smart food choices and lifestyle changes!

Eatin'-Fit Package 1

This 6-week Lifestyle Change Program includes:

- 1 ½-2 hour initial consultation to discuss your lifestyle, weight history, eating habits, health history and your goals. Questionnaires and food diary will be reviewed.
- Establishment of baseline info: body circumference measurements, body fat analysis (via fat loss monitor) and photo profile.
- 1 ½-2 hour program consultation to discuss a holistic approach to weight management, through smart eating, healthy food alternatives and strategies on lifestyle change.
- 3-day Food Diary Feedback – Offering recommendations to meals and snacks.
- (4) 30-45 minute follow-up consultation meetings

Eatin'-Fit Package 2

This 6-week Lifestyle Change Program includes everything in Eatin'-Fit Package 1 plus:

- Food Rehab:
 1. Home Pantry Cleanse - Providing guidance in creating a healthier home eating environment.
 2. Food Shop n' Prep - Offers simple cooking solutions, especially for the busy professional or student. Learn to put together basic dishes that are nutritious and tasty! Take a trip to the farmer's market, followed by creating dishes using the ingredients you selected.

A la carte options:

- Single Lifestyle Consulting sessions
- 7-Day Food Diary Feedback
- Home Pantry Cleanse
- Food Shop n' Prep



Sweatin'-Fit Program

Whether it's getting into shape or maintaining your frame, take a path towards your well-being.

Sweatin'-Fit Package 1*

- (10) Personal Training sessions
- (10) Team Training class sessions

Sweatin'-Fit Package 2*

- (20) Personal Training sessions
- (20) Team Training class sessions

Each package includes:

- Initial Consultation - Initial goal setting and program expectations.
- Fitness Assessment - Includes body measurements, body fat analysis and determination of cardiovascular/strength/flexibility capabilities.
- Program Design - Exercises tailored for individual, including recommendations for exercises outside of scheduled training sessions.
- Personal Training - One-on-one training with Suzanne.
- Team Training class - Fitness classes in a small group setting

* A minimum of two Personal Training sessions per week is recommended; each program varies based on individual.

A la carte options:

- Single Personal Training sessions or packages
- Team Training class package



Gettin'-Fit Program

Take the holistic route to transforming your body from the inside and out! This program will guide you in feeding your frame as well as maintaining it. You know what they say, "You are what you eat!"

Gettin'-Fit Package 1*

Lifestyle Change Program, (10) Personal Training sessions and (10) Team Training class sessions

Gettin'-Fit Package 2*

Lifestyle Change Program, (10) Personal Training sessions, (10) Team Training class sessions and (1) Food Rehab session

Each package includes:

- 1 ½-2 hour initial consultation to discuss your lifestyle, weight history, eating habits, exercise habits, health history and your goals. Questionnaires and food diary will be reviewed.
- Establishment of baseline info: body circumference measurements, body fat analysis (via fat loss monitor) and photo profile.
- 1 ½-2 hour program consultation to discuss a holistic approach to weight management, through smart eating, healthy food alternatives, exercise programming and strategies on lifestyle change. A sample exercise program will be designed to meet your goals, while also providing recommended exercises for outside scheduled training sessions.
- 3-day Food Diary Feedback – Offering recommendations to meals and snacks.
- (8) 30-45 minute follow-up consultation meetings
- Personal Training - One-on-one training with Suzanne.
- Team Training class - Fitness classes in a small group setting.

*A minimum of two Personal Training sessions per week is required; each program varies based on individual.

Included in Package 2 only:

- Food Rehab:
 1. Home Pantry Cleanse - Providing guidance in creating a healthier home eating environment.
 2. Food Shop n' Prep - Offers simple cooking solutions, especially for the busy professional or student. Learn to put together basic dishes that are nutritious and tasty! Take a trip to the farmer's market, followed by creating dishes using the ingredients you selected.

A la carte options:

- Single Personal Training/Lifestyle Consulting session
- Single Personal Training session with 3-day Food Diary Feedback
- Personal Training with Lifestyle Change package
- Team Training class package

SKo-Fit LLC Price List*

**Prices reflect payment made with PayPal. Discounts given to payments made with check or cash. Payment is due at time of service. Discounts only apply to packages paid in advance.*

Eatin'-Fit Program

Eatin'-Fit Package 1.....	\$500 (\$60 savings)
Eatin'-Fit Package 2.....	\$800 (\$210 savings)

A la carte options

Lifestyle Consulting.....	\$75 (hourly rate)
7-Day Food Diary Feedback.....	\$70*
Home Pantry Cleanse.....	\$150**/1-1 ½ hour session
Food Shop n' Prep.....	\$300**+ cost of food/60-minute shopping trip + 2-hour cooking tips

**Includes "Food Rules - An Eater's Manual" by Michael Pollan*

***Includes travel time within 5-mile radius with public transportation. Call and ask about locations outside 5-mile radius or not accessible by public transportation.*

Sweatin'-Fit Program*

**Prices for Sweatin'-Fit Program and Personal Training sessions are based on 55 minute sessions.*

Sweatin'-Fit Package 1.....	\$695 (\$80 savings)
Sweatin'-Fit Package 2.....	\$1,260 (\$250 savings)

A la carte options

1-9 Personal Training sessions.....	\$65/session
10 Personal Training sessions.....	\$600 (\$60/session)
20 Personal Training sessions.....	\$1,100 (\$55/session)
Team Training pack.....	Various pricing packages available

**30 and 45 minute sessions and two-on-one private training sessions also available. Call for pricing.*

Gettin'-Fit Program

Gettin'-Fit Package 1.....	\$1,455 (\$80 savings)
Gettin'-Fit Package 2.....	\$1,800 (\$185 savings)

A la carte options

1-9 Personal Training sessions.....	\$140/session with Lifestyle Consulting
1-9 Personal Training sessions.....	\$125/session with 3-day Food Diary Feedback
10 Personal Training sessions.....	\$1,160 with Lifestyle Change package
Team Training pack.....	Various pricing packages available

*SKo-Fit services are provided at:
H.E.R.O. Fitness
1941 N. Elston Avenue
Chicago, IL 60642*

*Suzanne also provides in-home training.
Rates vary by location.*

Suzanne Ko

*ACE Certified Group Fitness Instructor,
Lifestyle & Weight Management
Consultant and Personal Trainer
Yoga Alliance Registered Yoga Teacher (RYT 200)*

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