**FRONT OF CARD NOTES:**

General- White Background, an “Apple’ look

New Title**: Personal Training with Purpose.**

**New opening paragraph:** At The Method, we don’t believe in one-size-fits-all fitness. Every program we create is customized to your body, goals, and lifestyle. Whether you’re training for a milestone event, building strength after injury, or reclaiming your health — your journey is our priority.

For each Icon I would like the following text arrange how see best:

**Build Strength**

*We design strength programs that not only develop full-body power but also target a stronger, more stable core — the foundation for every movement you make.*

**Increase Flexibility**

*Our training method blends strength with dynamic control, using bands and functional patterns that naturally improve flexibility, mobility, and joint health over time.*

**Train for a Life Event**

*Whether you’re preparing for a wedding, vacation, or milestone birthday — we’ll craft a focused training plan to help you look and feel your absolute best.*

**Weight Loss**

*Our weight loss programs prioritize intelligent resistance training — proven to be more effective than cardio alone for long-term fat loss and body composition change.*

**Improve Functional Movement**

*We help you move better and stay stronger as you age — with training that improves balance, joint integrity, and your ability to stay active and independent for life.*

**Back of Card Notes:**

General- White Background, an “Apple’ look

DO Not want a picture of the outside used on the card, people are already at the gym they know what the outside looks like

New Text under how do you get started?

It begins with a private consultation — a one-on-one conversation and movement assessment designed to understand your goals, training history, and any limitations from past or current injuries. This allows us to create a training plan tailored to your needs, priorities, and lifestyle. You’ll get a clear understanding of how we approach training, what the process looks like, and how we’ll work together to achieve meaningful, lasting results.

To get started, scan the QR code below and fill out the short contact form — we’ll reach out personally to schedule your consultation and answer any questions you may have.

New Wording for Pricing

12 Session Package

$85 per session

8 Session Package

$95 per session

4 Session Package

$125 per session

Add $40 for a partnered session

Example: A Partnered Session (2 people training together) for an 12 session package would be $125 per session.

QR code should direct people to: https://themethodtraining.com/contact/