

Achieving Physiques, Inc.

Custom Personal Training & Nutrition

Achieve the Physique You've Always Dreamed Of

Achieving Physiques offers:

- Custom Personal Training
- Custom Nutritional Advice
- Sports-Specific Training
- Core Strength Training
- Muscle & Strength Training
- Bodybuilding

Free Consultations!

Contact us today at:
302.593.7067

Expert Staff

Joseph DeAscanis
Bachelor in Dietetics
Minor in Strength & Conditioning
15 Yrs Competitive Bodybuilding



Unbeatable Packages at Great Prices!

Individual Sessions

Individual Couple

Individual 60 minute session	\$60	\$90
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Monthly 60 Minute Packages (Minimum of 2 sessions per week)

Bronze - 8 Sessions (2 sessions/week)	\$440	\$680
Silver - 12 Sessions (3 sessions/week)	\$625	\$984
Gold - 16 Sessions (3 or 4 sessions/week)	\$800	\$1280
Platinum - 20 Sessions (3 or 4 sessions/week)	\$960	\$1560

Monthly Group Training Packages

\$280

Personal training in a group setting without a scheduled appointment.
(Maximum of 2 sessions per week.)

Tuesday

Noon
7:00 PM

Thursday

6:00 AM
Noon
7:00 PM

Saturday

8:00 AM
9:00 AM

Nutritional Packages (Includes body fat analysis, diet assessment, and meal plan)

Initial consultation + one follow-up appointment	\$200
Follow-up Appointments	\$50

Act Fast!

***We are offering our Grand Opening
Specials for a Limited Time!***

Call 302.593.7067 for a free consultation!

Achieving Physiques, Inc. | 4905 Mermaid Blvd. | Wilmington, DE 19808