

## HOME

News & Events  
Workout Tips  
Weekly Recipe  
Testimonials

*(These items are updated on a daily or weekly basis so these we want to highlight first on the site for SEO purposes.)*

## ABOUT US

Mission Statement  
Background  
Bios  
Training Style  
Benefits  
Safety

*(Under this heading is where you will explain everything about yourselves and your business.)*

## SERVICES & PRICING

Personal Training  
Boot Camp  
Wellness Programs  
Consultation Process  
Pricing

*(This is where you will explain your services and your pricing.)*

## RESOURCES

Schedules  
Nutritional Information  
Referral Program  
Special Offers

*(Under resources, you will list information that your clients need.)*

## MEDIA GALLERY

Photo Gallery  
Video Demos  
Clients

*(Under media gallery, you will post your photos and videos.)*

## CONTACT US

*(Contact form goes on this page.)*

## SIDEBAR

Facebook  
Twitter  
Newsletter

*(The sidebar is on the right side of your site that is visible on every page. You want these links to be seen so people are more likely to click on them.)*