



Personal Appointments

PRIVATE TRAINING	Package Details	Total \$
Single Session	30-min/60-min	\$30/\$55
Kick-Starter Package	Consult. Orient. & 3 Full Sessions	\$135
8-Pack Half	8 half-hour sessions	\$225
12-Pack Half	12 half-hour sessions	\$320
18-Pack Half	18 half-hour sessions	\$475
8-Pack Full	8 one-hour sessions	\$415
12-Pack Full	12 one-hour sessions	\$595
18-Pack Full	18 one-hour sessions	\$840
*All packages come with an initial consultation		
SEMI-PRIVATE GROUP TRAINING		Total \$
2 Clients	Train with a friend, child, spouse, etc.	\$50/\$85
3 Clients	Small group workouts	\$65/\$120
*8, 12, 18 session packages available!		
NUTRITION COACHING	Package Details	Total \$
Single Session	30 min	\$30
Personalized Meal Plans	Basic info and meals to help you reach your specific goals!	Variable

