



PERSONAL TRAINING RATES (IN HOME OR IN YOUR GYM)

| Clients Per Group | Fee Per Session | Pkg of 10 |
|-------------------|-----------------|---------------------------------------|
| 1 | \$60.00 | \$600.00 |
| 2 | \$54.00 | \$540.00 (Each client saves \$60.00) |
| 3 | \$48.00 | \$480.00 (Each client saves \$120.00) |
| 4 | \$42.00 | \$420.00 (Each client saves \$180.00) |
| 5 | \$36.00 | \$360.00 (Each client saves \$240.00) |

*Additional sessions available upon request

ONLINE PERSONAL TRAINING RATES

Training Consultation

\$125.00 (4 weeks)

\$150.00 (6 weeks)

\$175.00 (8 weeks)

Details: If you would like to train on your own, but are having trouble deciding which exercises to use to reach your goals, this program is for you. You will receive a fully customized training program and consultation that will take the confusion out of your workout session. We will communicate once per week via email, you will need to email weekly pictures of yourself and answer a brief questionnaire regarding how your previous week went and how you are progressing.

Nutritional Consultation

\$150.00

Details: If you would like to learn how to read food labels and what to look for while food shopping; I can help. I will come with you during a trip to the supermarket and show you what foods to look for and how to make healthy choices. You'll be surprised how many healthy, delicious and filling foods are in the supermarket. You just have to know what to look for.