



SERVICE DESCRIPTIONS

Personal Training

Individual or two-person, one-hour sessions, by appointment.

Singles

One session – \$75
10 sessions – \$650
20 sessions – \$1200

Doubles

One session – \$90
10 sessions – \$800
20 sessions – \$1500

Nutritional Counseling

Dietary evaluations, nutrition for special needs, meal planning, and information on healthy food options. \$100

Ongoing Nutritional Counseling

One half-hour – \$40
One hour – \$70

Daily Food E-Logs

One week – \$100
Two weeks – \$190
Three weeks – \$270
Four weeks – \$340

Healthy Lifestyle Coaching

Begins with an assessment of your roadblocks to health and fitness. You and your coach develop a plan of action and accountability to help you achieve defined fitness goals. Includes personal training, nutritional counseling, and regular monitoring of your exercise and nutrition plan.

\$100 – \$500 per month

Customized Group Training

Have a group interested in working out together? We'll customize sessions for the type and level of exercise you'd like.

Varies depending on group size