

# SERVICE PRICING

**\*\* all pricing is subject to change \*\***

| <b>Custom Training Program</b> | <b>Pricing</b> | <b>Custom Nutrition Program</b> | <b>Pricing</b> |
|--------------------------------|----------------|---------------------------------|----------------|
| 4 weeks                        | \$125          | 4 weeks                         | \$200          |
| 6 weeks                        | \$180          | 6 weeks                         | \$280          |
| 8 weeks                        | \$225          | 8 weeks                         | \$360          |
| 12 weeks                       | \$315          | 12 weeks                        | \$525          |

| <b>Custom Training &amp; Nutrition Program</b> | <b>Pricing</b> |
|--|----------------|
| 4 weeks  | \$297          |
| 6 weeks  | \$397          |
| 8 weeks  | \$497          |
| 12 weeks                                       | \$697          |

## **What You Get**

1on1 personal trainer  
weekly email/text/call communication  
personal training/nutrition app  
custom program built for you