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Initial Visit....\$60

What to expect? Wear athletic clothing and any lab work requested prior to our initial meeting. We will: Take pre pictures, measurements, establish your goals, discuss sleep/lifestyle and collect payment for the program you choose. Can be in person or Facetime for online clients.

Monthly Fee....\$160/MO (Minimum of 3 Month Commitment up front)

Who is this program right for? An individual program designed to meet the client's individual needs: weight loss, recomposition, muscle-gaining, and/or competitor OFF-Season only. This includes both nutrition, supplement regimen, and fitness programming. Perfect for ONLINE & local clients. Bonus: includes 1 PT training per month for local clients!

Maintenance Program....\$400 for 16 weeks (For pre existing clients only)

Why do I need a maintenance program? Americans don't have a problem "losing" weight. We have a problem keeping it off and making it a lifestyle. I am here to provide programming to help you KEEP it off! The goal: Maintain your desired weight/physique while methodically increasing your caloric intake.

Personal Grocery Shopping Experience....\$60 for one hour trip

This is an educational experience to teach a "program client" how to select groceries to fulfill their nutritional program. This is designed to empower the client to know how to read nutritional information and like what foods they are selecting for themselves, their partners and their families, while truly being healthy and goal oriented.

Group Weight Training....\$100 (PP) Must have 4 person Team-No exceptions

Why Group Weight Training? Accountability! It's fun to workout with friends! Your team picks a TEAM Name and rocks out 8 sessions for the month (2x per week) as agreed upon by your team and ME! No makeups-we just rock it out!

Individual Personal Training....\$35/Hour or Buy 8 Sessions Get 2 FREE! *30 days to use!

(Must be used in 30 days from purchase. (No Exceptions)