



FALL 2025 Pacakage Deals

10- 1 hour Personal Training Sessions, Nutritional Guidance, Coaching \$650

10- “In Home” 1 hour Personal Training Sessions, Nutritional Guidance, Coaching \$850

20- 1 hour Personal Training Sessions, Nutritional Guidance, Coaching \$1200

20- “In Home” 1 hour Personal Training Sessions, Nutritional Guidance, Coaching \$1500

5- 1 hour Personal Training Sessions, Nutritional Guidance, Coaching \$375

5- “In Home” 1 hour Personal Training Sessions, Nutritional Guidance, Coaching \$475

1- 1 hour Personal Training Session \$85

1- “In Home” 1 hour Personal Training Session \$105

Small Group Classes \$15 each/ \$118 Monthly Unlimited EFT

VENMO @personaltrainingfolsom

Zelle (714) 916-3422

Walter- Personal Training Folsom (714) 916-3422