

SERVICE	PRICING	INCLUDES
Introductory Call	FREE	30 minutes
60 min Training Session	\$65/hour	In Person Session
12 Week Program	\$555	*Custom workout plan on my app *Weekly Check-ins *Bi-weekly 30 min calls *Voxer access to coach
6 Month Program	\$995	*Custom workout plan on my app *Weekly Check-ins *Bi-weekly 30 min calls *Voxer access to coach *Nutrition Guidance
Nutrition Add-on	\$75/month	*Calculating Macros *Weekly Check-ins *Bi-weekly 30 min calls *Help with meal planning

To Purchase, email tj@aneca.ca