

SERVICE	PRICING	INCLUDES
Discovery Call	FREE	30 minutes
Custom Workout Plan	\$250	One Time
60 min Training Session	\$70/hr \$60/hr (with a pkg)	In my gym (local)
Package A	\$130/month (3 month min)	*Custom Workout Plan *Monthly review/update of plan *Monthly 1:1 call (60 mins)
Package B	\$200/month (3 month min)	*Custom Workout Plan *Bi-weekly review/update of plan *Bi-weekly 1:1 call (60 mins each) *1 in person 1:1 session
Package C	\$325/month (3 month min)	*Custom Workout Plan *Weekly review/update of plan *Weekly 1:1 call (60 mins each) *3 in person 1:1 sessions

**To Purchase, email [tj@aneca.ca](mailto:tj@aneca.ca)**