

PEAK
PERFORMANCE
FITNESS AND
NUTRITION

Fitness/Nutrition Coaching

Online Only	350/500
2x Per Week Plus Online	680
3x Per Week Plus Online	1020

PNF Stretching

30 Minute Session	55
60 Minute Session	85
90 Minute Session	115

Macros/Meal Plan

30 Day Macros/Meal Plan	225
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Corrective Exercise

2-3 Hr Corrective Exercise Session	250
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Fitness/Nutrition/Recovery

1350

All Inclusive Monthly Subscription

Includes Online App Access, 3x Per Week In-Person Training (60 Min. Sessions), 1x Per Week PNF Stretching (90 Min. Sessions), Corrective Exercise Integration, Macros/Meal Planning, Restaurant Menu Assistance