

# FITNESS COACHING PRICING

- ✓ Customized workout plan
- ✓ Nutrition and exercise guidelines
- ✓ Direct messaging and responses within 24 hours
- ✓ Access to an exclusive app that tracks your progress, meals and offers live demonstrations
- ✓ Float coaching (if applicable)

\$117 / month  
\$315 paid in full for a 12  
week program