

SOUL —AND— STEEL

Stronger Together. Women Coaching Women.



\$299
/ MONTH

READY FOR RESULTS

UP TO 3X WEEK IN PERSON TRAINING
AT OUR PRIVATE WOMEN'S ONLY FITNESS STUDIO



UNLIMITED
CLASSES



ONLINE TRAINING
PROGRAM, NUTRITION
PLAN & SAMPLE DAY
OF EATING IN
INTERACTIVE APP



WEEKLY ONLINE
CHECK IN &
FEEDBACK



SUPPORTIVE &
MOTIVATIONAL
GROUP CHAT



FREE ACCESS TO
EXCLUSIVE EVENTS
AT SOUL & STEEL



ON SITE AMENITIES
INCLUDING
INFRARED SAUNA
& COLD PLUNGE

\$399
/ MONTH



SOUL SISTERS COMPETITIVE TEAM

FOR CLIENTS ON OR OFF SEASON PREPARING FOR STAGE.
INCLUDES EVERYTHING FROM READY FOR RESULTS BUT IS
4X WEEK IN PERSON TRAINING AND
(2) 30 MIN IN PERSON OR VIRTUAL POSING SESSIONS
AND PREPARATION FOR COMPETITIVE BODYBUILDING

\$224
/ MONTH

SOUL SISTERS COMPETITIVE TEAM ONLINE PLAN

EVERYTHING FROM ONLINE COACHING PLUS
(2) 30 MIN VIRTUAL POSING SESSIONS



\$149
/ MONTH

ONLINE COACHING



PERSONALIZED
TRAINING PROGRAM
WITH UPDATES AS
NEEDED



CUSTOMIZED FULL
DAY OF EATING
WITH INTERACTIVE
APP



WEEKLY CHECK IN
WITH FEEDBACK

\$75 / HOUR
PRIVATE TRAINING
SESSION



ALA CART

\$60 / 30 MIN
IN PERSON
POSING SESSION



\$100 / 60 MIN
IN PERSON
POSING SESSION



\$50 / 30 MIN
VIRTUAL POSING
SESSION



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