



TRAINING & COACHING PRICING

\$299 / per month — READY FOR RESULTS

3 semi-private training sessions per week
2 group classes weekly
Personalized workout plan via interactive app
Custom macro & calorie goals

\$399 / per month — DIALED IN

Everything in Ready for Results, plus:
2 private 30-minute sessions per month
3-day customized meal plan

\$199 / per month — HYBRID PLAN

2 private 30-minute sessions per month
Personalized workout plan via interactive app
Custom macros & calorie targets
Weekly check-ins

\$129 / per month — ONLINE COACHING

Personalized workout plan via interactive app
Custom macros & calorie targets
Weekly check-ins

\$99 / per month — ONLINE NUTRITION COACHING

Custom macros & calorie targets
3-day personalized meal plan
Weekly check-ins

ADD-ON SERVICES

\$89 hourly private session
\$49 half-hour private session
\$89 3-day custom meal plan