

SOUL —AND— STEEL

CURRENT PROMOTIONS

PAY AHEAD

Buy 3 months of any training package,
get the 4th month **FREE!**



NEW CLIENT REFERRAL

Refer 2 new clients to the gym, get
1 month of your current training
package **FREE** when they sign up!



Get in on these deals before they're gone!

TRAINING & COACHING PRICING

\$299 - 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 - DIALED IN

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

\$199 - HYBRID PLAN

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

\$129 - ONLINE COACHING

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

\$99 - 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