



Are you looking to get back in shape? Looking for an exercise program to help sculpt the body you want? Need help with maintaining a healthy diet? If you're ready to take the next step into your fitness journey look no further! With ChayseFit we will identify what your goals are, design a plan of attack, implement a plan to keep you progressing, and GET TO WORK. Below, you will find what services/packages I provide.

In-Person Training

- Includes training in gym with the trainer and a program to follow on days where we don't meet. *(Client preferred gyms are subject to discretionary pricing.)*

Online Programming

- Online Programming Instruction includes programmed workouts you can do on your own.

Nutrition Planning

- Nutrition planning for the duration of your picked plan. Macronutrients/Meals are planned and prescribed for the desired goal.

Training Frequency Packages:

Chayse Fit offers a variety of total fitness training packages for those who know they will be committed to their goals. Packages are based on the number of In-Person training sessions you desire weekly.

- In-Person, Online Program, & Nutrition Planning are included in all plans.
- All plans are subject to be used within **30 calendar days** of purchase.
- ***Please inquire if you would like more than 4 In-person sessions weekly.**
- ***Please inquire for Partner Package Discounts.**

Fitness Packages	
Two In-Person Sessions Weekly (8 sessions)	\$400/Monthly (\$50/Session)
Three In-Person Sessions Weekly (12 sessions)	\$565/Monthly (\$47/Session)
Four In-Person Sessions Weekly (16 sessions)	\$640/Monthly (\$40/Session) <i>Most Popular</i>

Online Only Programming:

- Online Programming includes online nutrition planning in monthly package.

Online Only Package
\$50/Monthly

Nutrition/Meal Prepping

Online Only Nutrition Planning*¹

- Online Nutrition planning geared towards reaching your desired goal.

Online Meal Plan - Nutrition meal planning for the month.

\$50/Monthly

Meals Prepped by ChayseFit *²

- All meals are cooked using the highest quality ingredients. We ALWAYS opt for organic, grass-fed, free-range protein options. And pick the freshest vegetables weekly. You eat as the trainer eats!

5 Day Meal Plan - Nutrition meal planning for 5 consecutive days. Meals are prepped by ChayseFit. PLEASE CONFIRM TUESDAYS IF YOU WANT MEALS PREPPED FOR FOLLOWING WEEK. (Local clients only)

5 Meals - \$100/Wk (\$20 per meal)

10 Meals - \$150/Wk (Lunch/Dinner Meals) (\$15 per meal) *Most Popular*

**¹ Online Only includes breakfast, lunch, and dinner planning. Meals prepared only include lunch and dinner.*

**² All meals are prepped on Saturday and are partially frozen to assure freshness. Meals can be modified only for allergen restrictions. Meals are typically made with organic/free-range options. Please provide two week eating log prior to first nutrition plan week.*

Prepay for all services is required. All plans start with one (1) assessment/consultation session at no cost. Please inquire for student rates. **Excludes Online Training**

All cancellations must be received at least 24 hours before your training session to avoid being charged for the session. Any cancellation within 24 hours' notice is nonrefundable.

** Refer a Friend Today! **

** For every new referral, the Referrer will receive a 10% reduction in next session/package purchase. The Referee will receive a 5% reduction in their first session/package purchase.*