

Services & Pricing

Free 60-Minute Intro — \$0

Assessment + strategy to map your best next 12 weeks. Movement screen, goals, and a simple plan.

1:1 Personal Training — \$85 / 60 min

Technique-focused strength sessions with safe progressions, training notes, and clear weekly wins.

10-Session Pack — \$750 • save 12%

A planned 10-session progression to build momentum and consistency. Redeem within 12 weeks.

PT + Nutrition (12 Weeks) — 999(or349/mo)

Weekly coached training + Precision Nutrition-style coaching, weekly check-ins, simple recipes, and progress metrics every 4 weeks.

How It Works

1) Meet — Free intro to assess goals, movement, and schedule.

2) Plan — Get a simple 12-week roadmap for training, nutrition, and recovery.

3) Train — Show up, lift smart, and track easy wins each week.

Policies

• Cancellation — Please cancel or reschedule 24+ hours in advance.

• Late arrivals — More than 10 minutes late may shorten your session.

• Health — Message me to adjust your session safely if you're ill or injured.

Book your Free 60-Minute Intro:

chsfitness.com/appointments • hello@chsfitness.com

Hours: by appointment only



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