



PERSONAL TRAINING PRICES 2023

Drop In Rate

Single Session- \$110

Double Session- \$70/person

Zoom Virtual Sessions- \$80

Zoom Virtual Double Session- \$55/person

Single Session Packages

1x/Week

2x/Week

1 Month Package

Rate/Session

\$380.00 (15% Off)

\$95.00

\$720.00 (20% Off)

\$90.00

3 Month Package

Rate/Session

\$1,080.00 (20 % Off)

\$90.00

\$2,040.00 (23% Off)

\$85.00

Double Session Packages

1x/Week

2x/Week

1 Month Package/person

Rate/Session

\$240.00 (15% Off)

\$60.00

\$448.00 (20% Off)

\$56.00

3 Month Package/person

Rate/Session

\$672.00 (20 % Off)

\$56.00

\$1,296.00 (23% Off)

\$54.00

Cancellation Policy- 24 hours notice

Situations occur that may force you to cancel unexpectedly. However, please make an effort to provide me with 24 hours notice to avoid charges. Sessions can be transferable to a friend or family member if you are not able to make the session.



NUTRITION COACHING PRICES 2023

90 DAY PERSONALIZED NUTRITION PLAN: \$1,125 (\$375/Month)

- 7 Day Meal Plan
- 15+ Recipes
- Extended initial consultation/intake form
- Biweekly check in's
- Monitoring of food logs and feedback
- Supplement recommendations and access to discounted supplements
- Workout, activity and lifestyle recommendations/plan
- Ongoing support
- Daily Educational Emails
- Nutrition Information Package
- 1 Hour Grocery shop

THE REBARM 3 Month Package- \$2,745

- 2 Personal Training sessions/week (\$80/session)
- 90-day Personalized Nutrition Plan (\$825/3 months)
- Perfect for someone wanting to lose weight and reach their fitness and nutrition goals fast

SINGLE 7 DAY MEAL PLAN: \$350

- 7 Day Meal Plan
- Extended initial consultation/intake form
- Monitoring of food logs/feedback
- 5-10 Recipes included

GROCERY STORE SHOP- \$90

- 1-hour informative shop
- Hour will provide client knowledge on what to shop for, what to avoid, reading labels and grocery store staples