

Price Sheet

Scaled Pricing Offered (Discussion of what you can afford. We will negotiate.)
Gift Card 25% off all original prices

Personal Training

30 min class \$35.00

60 min class \$65.00

Two People \$55.00 per person - 60 min

Two People \$35.00 per person - 30 min

Online Personal Training/Life Coaching

9 Weeks

4 hour calls \$45.00 each

\$60.00 for written workouts

\$240.00 total

7 weeks

3 hour calls \$45.00 each

\$60.00 for written workouts

\$195.00 total

Personalized Written Workouts Only each month
\$60.00

Continual FaceTime Sessions each week and online homework

30 min sessions \$35.00

60 min sessions \$65

Red Cross CPR/AED/First Aid Certification

\$75.00

Includes:

~2.5 hour online course

~2 hour in-class course/exams

2 year certification

Self Healing Seminars

\$65.00 an hour.