



ONE HOUR ONE-ON-ONE PERSONAL COACHING PRICES (PER MONTH)

Sessions/ week	12 Months	6 Months	3 Months
Per Session Cost	\$85	\$90	\$95
3	\$1,020	\$1,080	\$1,140
2	\$680	\$720	\$760
1	\$340	\$360	\$380

HALF HOUR ONE-ON-ONE PERSONAL COACHING PRICES (PER MONTH)

Sessions/ week	12 Months	6 Months	3 Months
Per Session Cost	\$55	\$60	\$65
3	\$660	\$720	\$780
2	\$440	\$480	\$520
1	\$220	\$240	\$260

- > Every Personal Coaching program begins with a comprehensive 1:1 Person Assessment.
- > We develop a customized Personal Coaching plan for each client to achieve their goals quickly and safely.
- > Each Personal Coaching plan includes regular reassessments to track progress towards goals.
- > For One-Hour, 2 or 3 Sessions/Week agreements, each client has complete Open Access privileges for the period of their Personal Coaching commitment.



ONE HOUR SEMI-PRIVATE TRAINING PACKAGES (PER MONTH/PER PERSON)

Sessions/ week	12 Months	6 Months	3 Months
Per Session Cost	\$64	\$68	\$71
3	\$765	\$810	\$855
2	\$510	\$540	\$570
1	\$255	\$270	\$285

HALF HOUR SEMI-PRIVATE TRAINING PACKAGES (PER MONTH/PER PERSON)

Sessions/ week	12 Months	6 Months	3 Months
Per Session Cost	\$41	\$45	\$49
3	\$495	\$540	\$585
2	\$330	\$360	\$390
1	\$165	\$180	\$195