

ONE-ON-ONE TRAINING

Zoom and in-person available!

\$35 initial consultation (includes customized training program)

Baseline charges, followed by SLIDING SCALE options.

2 sessions per month - \$190/month (\$95 per)

4 sessions per month - \$360/month (\$90 per)

8 sessions per month - \$680/month (\$85 per)

12 sessions per month - \$960/month (\$80 per)

30 minute sessions - 4/month = \$230 (\$57.5 per); 8/month = \$420 (\$52.5 per)

Sliding scale options are available! Depending on your current income (or lack thereof) I can be very flexible in the hopes of getting you moving. Reach out to me directly and we can find a solution!