



Coaching Packages

20+ Years of Coaching Experience

Individual Coaching

Your goals. Your pace.

30 Minutes

45 Minutes

5 Session Package

\$55/session

\$275 Total

5 Session Package

\$70/session

\$350 Total

10 Session Package

\$50/session

\$500 Total

10 Session Package

\$65/session

\$650 Total

Partner Coaching

Train together. Stay accountable.

30 Minutes

45 Minutes

5 Session Package

\$70/session

\$350 Total

5 Session Package

\$90/session

\$450 Total

10 Session Package

\$65/session

\$650 Total

10 Session Package

\$80/session

\$800 Total

Group Coaching

Train with friends, family, or like-minded individuals.

45 Minute Session

3 Participants

\$35/person

4 Participants

\$30/person

5 + Participants

\$25/person

30 Big Days for Big Goals

\$400 Total

A structured 30-day program combining expert coaching, accountability, and customized plan.

- **1-on-1 Virtual Training** – One 45-minute training session per week
- **Customized Workouts** – Two additional workouts per week designed for you
- **Daily Check-Ins & Accountability** – Stay on track with my personal guidance

Contact:

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