



COACHING PACKAGES

20+ YEARS OF COACHING EXPERIENCE

INDIVIDUAL COACHING

Your goals. Your pace.

30 MINUTES

5 SESSION PACKAGE

\$55 / session

\$275 TOTAL

10 SESSION PACKAGE

\$50 / session

\$500 TOTAL

45 MINUTES

5 SESSION PACKAGE

\$70 / session

\$350 TOTAL

10 SESSION PACKAGE

\$65 / session

\$650 TOTAL

PARTNER COACHING

Train together. Stay accountable.

30 MINUTES

5 SESSION PACKAGE

\$70 / session

\$350 TOTAL

10 SESSION PACKAGE

\$65 / session

\$650 TOTAL

45 MINUTES

5 SESSION PACKAGE

\$90 / session

\$450 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 a 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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