

## PROGRAM PRICES

### **Monthly Online Coaching (Training + Nutrition)**

Price: \$295.00 per every 4 weeks recurring (3-month commitment \$885)

**12-week Online Coaching \$785 Paid in Full (Discount of \$100, \$261p/mo)**

*This package is Online Training and Nutrition coaching. I will plan and write out your entire nutrition program and will make changes according to your progress. In addition, I will plan your workouts, according to your goals. You will have access to the GFIT365 app where all your meals, training schedule, and workouts will be uploaded. In addition, all exercises will have how to videos attached to them so you know exactly how to do them....I do all the planning; all you have to do is follow. Biweekly Check-ins are also included in this program*

### **Monthly Online Coaching (Nutrition or Training)**

Price: \$250.00 per 4 weeks recurring (3-month commitment \$750)

**12-week Online Coaching \$650 PIF (Discount \$100, \$216 per/m)**

*This package is either just Training or Nutrition Coaching. I will plan and write out your entire nutrition or Training program and will make changes according to your progress. You will have access to the GFIT365 app where all your meals or training schedule, and workouts will be uploaded. In addition, all exercises will have how to videos attached to them so you know exactly how to do them....I do all the planning; all you have to do is follow. Biweekly Check-ins are also included in this program*

### **LIVE one on one Virtual Personal Training + Online Nutrition Coaching**

*This package is Hybrid of Live Virtual In-person Training + Online Training and Nutrition Coaching. I will plan your workouts, according to your goals for all the days we meet along with all the days we don't meet. You will have access to the GFIT365 app where all your meals, training schedule, and workouts will be uploaded. In addition, all exercises will have how to videos attached to them so you know exactly how to do them when I'm not with you ....I do all the planning; all you have to do is follow. With this package you purchase a set number of sessions.*

#### **30 min session \$45**

4 PACK= \$180

10 PACK = \$400 = \$40 p/s

15 PACK = \$560= \$37 p/s

20 PACK = \$700 = \$35p/s

#### **60 min session \$60**

4 PACK= \$240.00

10 PACK = \$550=/\$55 p/s

15 PACK = \$795 /\$53 p/s

20 PACK = \$1000/ \$50 p/s

### **Live Virtual One on One Personal Training Only**

*This package is just Virtual training on the days that we are scheduled to meet, no other coaching or nutrition coaching provided, and no workouts given on the days we do not meet, and no access to training app. This is for someone that just wants Live Virtual Personal Training.*

#### **30 min session \$40**

4 PACK \$160  
10 PACK \$370 = \$37p/ s  
15 PACK \$525 = \$35 p/s  
20 PACK \$660 = \$33p/s

#### **60 min session \$50**

4 PACK \$200  
10 PACK \$480 = \$48 p/ s  
15 PACK \$675 = \$45 p/s  
20 PACK \$800= \$40 p/s

### **Online Competition Prep Packages**

**12 weeks-** \$1050.00 - inc 4 posing sessions

**16 weeks-** \$1400.00 - inc 5 posing sessions

**20 weeks -** \$1750.00- inc unlimited posing sessions

**24 weeks-** \$2100.00 - inc unlimited posing sessions

----Upon completion of show or approved chosen weeks and you want to continue into an off season/reverse diet or continue competing into another show after your chosen weeks pricing is \$285 per month w/30-day notice of cancelation this must be a continuous prep, cannot take break and then come back on board. ALL PACKAGES MUST BE PAID IN FULL. NO REFUNDS

### **Competition Prep (Available in 16-24 weeks)**

**Minimum of 12 weeks (3 months minimum commitment – paid in full)**

This Program is for the individual looking for a coach to guide them into a specific competition or event either in Women's Bikini, Figure, or Physique.

This program is also for anyone wanting to be challenged and create the look without actually competing.

Getting ready for a Competition is very challenging but super rewarding. The journey to stage will test your strengths mentally and physically.

#### **What you get:**

- Initial Consultation – Program and goals and show selection
- Custom Nutrition and Supplement plan
- Custom Workout and Cardio plan
- Show and Suit selection (access to suit designer)
- Posing sessions included and are done in person if you live in the Miami/Downtown area or via Skype, Zoom or Facetime.
- Unlimited emails/texts during the week Monday- Saturday
- Weekly or Biweekly check-ins – done via FaceTime, Skype, or Zoom, Email and or Text
- Access to GFIT 365 Training app where you can see your personalized dashboard with your custom nutrition, and workout plan
- Unlimited personal access to me 24/7