

**Studio A Personal Training
&
Trainerize App Online Platform**

Effective Aug 26, 2024

1. Assessment I \$65/50 mins

If more than a year has passed since our last training, a new assessment is recommended.

2. Training Program I In App (\$) or Paper Format

2-day | \$98.00 (\$85 + taxes)

3-day | \$117.00 (102 + taxes)

4-day | \$147.00 (127 + taxes)

5-day | \$174.00 (151 + taxes)

**Demonstration of the program is hourly PT rate.*

Based on your fitness level, goals, equipment, and time to train.

Prices include program design, uploading, and fees/taxes.

3. Nutrition Design | Paper format/Online | \$117.00 (102 + taxes)

Nutritional Assessment, 2-Meal plans, Macros, Foods & Amounts, Substitutions, Paper Tracker, and instructions on how to implement the food plan and use the paper tracker.

4. Nutrition Check In/Training Review Check In | \$40/30 mins

Must bring paper/training log check in form filled out completely.

We will review your current nutrition plan or training plan, set goals, for the next 2 weeks, take weight, measures, and photos, and troubleshoot limitations, and discuss nutrition strategies.

5. Posing Sessions (in person) | Bikini, Wellness, Figure/Fitness

6 sessions recommendation to start

\$40/30 mins

\$60/50 mins

6. QA Sessions

\$100/30 mins

Do you just need to chat, and have a few burning fitness questions as it relates to weight loss, fat loss, or training? We can discuss over a phone call, or video chat, have a clear answers to your most burning fitness questions.

7. Consultation Call

\$15/20 mins

Must fill out online questionnaire before booking consultation call.

Consultation call is good for one month.

Regular Personal Training Rates & Packages (cash rates)

1. StartHer Package

2x per week for 8 weeks = 16 sessions | \$997.00

Paid in one or two payments.

2 program designs | 3 days + App access (group messages/chat)

All session must be used in 12 weeks.

2. Training Session Rate

*1x session per week | \$55

*2x session per week | \$50

If client is in an online coaching program, \$50/session is the regular rate.

For 2x/week, after 8-10 weeks, a new 2-day full body program will be included.

App access is included for 2-8x per month clients include a 2-day lifestyle fitness program of the month for Studio A Training with dumbbells & cables.

Any other training facilities or goals an individualized training program or online coaching package is recommended.

Notes:

- In App Training program, you receive warmup, stretching, video demo of exercises, reps, sets, and video demonstration of all exercises. You can log and track your workouts in app.
Must be a PT client or in coaching package, to have access, to app - Trainerize or MyPTHub.
- Regular clients are included in the day chat, Q&As, general information and reminders.
- Your goals might take longer to achieve that 4-8 weeks of nutrition, or a 6-week program.
- Compliance and consistency to the program, is key to your results.