

Studio A Fitness

Personal Training & Posing

Effective Jan 01, 2025

1. Assessment: \$60 for 50 mins | Cash rate

A fitness consultation to review your health history, training background, goal assessment, body measurements, weight, and a brief workout evaluation to determine your current fitness level and knowledge.

2. Training Program w/In app support

Available in-app (\$), with video instruction, and with paper copy.

- **3-Day Program:** 100 + taxes = \$114.98
- **4-Day Program:** 128.64 + taxes = \$147.90
- **5-Day Program:** 151.33 + taxes = \$174.00

All prices include comprehensive program design, uploading, and applicable fees/taxes tailored to your fitness level, goals, equipment, and training schedule. You will have access, based on the double the number of days - ie 3 weeks, is 6 week, access, 4 days, is 8 weeks access, and 5 days is 10 weeks, access, include group accountability and direct messaging, app substitutions, and video instruction/tracking.

Your account will downgrade to booking and purchasing capabilities only upon that time frame, however you keep the paper copy as reference, as your own.

You may purchase another program in advance of the access date to ensure no gaps in training or coaching.

If you require a session to go over the program in person, the personal training rate will be at \$50/session (cash rate). If you are currently in another online coaching package, the regular rate of \$50/session will apply.

It's best to choose a training program, coaching plan, or personal training package tailored to your current lifestyle, goals, and needs.

Cancellations with less than 24 hours notice is subject to a \$25 charge. We understand that unexpected situations, such as family emergencies or acts of God, may arise. For further information please visit the [terms & conditions](#) section of [AllisonEthier.com](#)

3. Training Session Rates: 50 mins sessions

- **1x/week:** \$60
- **2x/week:** \$100

Clients enrolled in an **online coaching package** pay the regular rate of \$50/session.

App access is included for clients training 2-8 times per month, along access to a 2-day lifestyle full body workouts, utilizing dumbbells and resistance bands.

If you train less than 2x per month, your account will have booking capabilities only.

For other equipment, goals, or programs, an individualized training program (see previous) or online coaching package is recommended.

3. In-Person Posing Sessions:

- Specialties: Bikini, Wellness, Figure, and Fitness, Fit Model, and Modelling.
- **Recommended:** 6 sessions for optimal results
- Pricing:
 - \$40 for 25 mins
 - \$60 for 50 mins

Posing classes, should have heels, tank top/bra top and shorts, or swimsuit.

Notes:

Whether on-demand, or individualized, training programs features warm-ups, stretching, video demonstrations of exercises, and in-app tracking capabilities.

Access is granted only to personal training clients who receive 1:1 training from Studio A, those enrolled in a monthly coaching package - lifestyle or training only, or training challenge.

Clients can engage in daily chats, Q&As, and receive valuable fitness information and reminders.

Remember, reaching your goals may take longer than 4–8 weeks for nutrition or 6 weeks for a program. Consistency and commitment are essential to your success! The plan is designed to guide you, but it only works if you stick to it.

Any other inquiries? Feel free to reach out at info@allisonethier.com or fill out the online coaching form on AllisonEthier.com

*Work hard. Be Amazing.
Coach, A*