

PROGRAM PRICES

Monthly Online Coaching (Training + Nutrition)

Price: \$275.00 per every 4 weeks recurring (3-month commitment \$825)

12-week Online Coaching \$750 Paid In Full (Discount \$75)

Monthly Online Coaching (Nutrition or Training)

Price: \$175.00 per 4 weeks recurring (3-month commitment \$525)

12-week Online Coaching \$425 PIF (Discount \$75)

LIVE one on one Virtual Personal Training + Online Nutrition Coaching

This package is Hybrid of Virtual online training and Nutrition coaching. I will plan and write your nutrition and make changes according to progress. In addition, I will plan your workouts, according to your goals for the days that we don't meet. You will also have access to the GFIT365 app where all your meals and training schedule, workouts and how to exercise videos will be loaded in. Easy all you have to do is follow along.

30 min session \$45

4 PACK= \$175

10 PACK = \$400 = \$60 p/s

15 PACK = \$525= \$35 p/s

20 PACK = \$600 = \$30p/s

45 min session \$60

4 PACK= \$235.00

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

15 PACK = \$750 /\$50 p/s

20 PACK = \$900 / \$45 p/s

Live Virtual One on One Personal Training Only

This package is just Virtual training on the days that we meet, no other coaching or nutrition provided, and no workouts given on non-training days, no access to training app

30 min session \$40

4 PACK \$155

10 PACK \$360 = \$36 p/ s

15 PACK \$480 = \$32 p/s

20 PACK \$600= \$30 p/s

45 min session \$50

4 PACK \$195

10 PACK \$480 = \$48 p/ s

15 PACK \$660 = \$44 p/s

20 PACK \$800= \$40 p/s

Online Competition Prep Package

12 weeks- \$825.00 - inc 3 posing sessions

16 weeks- \$1100.00 - inc 4 posing sessions

20 weeks - \$1375.00- inc 5 posing sessions

24 weeks- \$1650.00 - inc 6 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 pricing is \$250 per month w/30-day notice of cancelation

Competition Prep/Fast Track Program

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
- Suit selection and access to suit designer
- Posing sessions included and are done in person if you live in the DFW 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