



HOME TRAINING • ONLINE COACHING

one-on-one motivation lifestyle wellness
 beginner nutrition functional fitness results

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The Health Club that come to you.

The Complete Home Lifestyle Program		This program is best suited for clients who want maximum results. My Trainers and I will provide motivation, education, specific nutritional counseling, and support with a personal trainer, three times a week.
Duration 36 sessions	Intensity 3 sessions a week for 12 weeks	
Getting Active at Home		This option is best suited for clients who want motivation, education, nutritional counseling, and support, by seeing a trainer twice a week.
Duration 24 sessions	Intensity 2 sessions/week for 12 weeks	
Getting Started at Home		This option is best suited for clients requiring education, motivational program development and support, by seeing a trainer once a week.
Duration 12 sessions	Intensity once a week for 12 weeks	
Six-Week Phytiness Programs		This option is ideal for clients who require motivation, education, and personal coaching from our trainers. This program offers the support of seeing a trainer once a week for six weeks, getting email and phone support between sessions, and weekly evaluations to show progress.
Duration 6 sessions	Intensity once a week PLUS telephone and e-mail support	



Let us help you achieve
YOUR fitness Goals.

Contact us for a consultation
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