

Coaching Options

Monthly Online Plans

1 Month Plan \$85.00

Includes –

- Initial meeting on phone or on ZOOM to get to know each other, discuss goals, current fitness and training, amount of time you want to commit, etc.
- Detailed Personalized Training Schedule
- Unlimited email access and four (1) ZOOM meetings for questions and review

3 Month Plan \$240.00

Includes –

- Initial meeting on phone or on ZOOM to get to know each other, discuss goals, current fitness and training, amount of time you want to commit, etc.
- Detailed Personalized Training Schedule
- Unlimited email access and four (2) ZOOM meeting per month for questions and review

6 Month Plan \$425.00

Includes –

- Initial meeting on phone or on ZOOM to get to know each other, discuss goals, current fitness and training, amount of time you want to commit, etc.
- Detailed Personalized Training Schedule
- Unlimited email access and four (3) ZOOM meeting per month for questions and review

***** In-person coaching sessions are available within the Treasure Valley Idaho area for \$85/hr. If outside the Treasure Valley, please email to discuss options.*****