**Services: How Can I Help?**

**Personal Training and Wellness Coaching**

Personal training includes individualized plans and goal setting with a focus on the entire person. We will meet for the first time to discuss short term goals, long term goals, and create a roadmap to get you where you want to be. It’s important that you know I will meet you where you are today; not where I think you should be. Be prepared to dig in to what roadblocks may have held you back in the past and together we’ll forge a new pathway to success.

**Small Group Training**

Small Group Training combines the individualized instruction of Personal Training with the community vibe of Group Fitness Classes. This option is often more affordable and is perfect for friends or those with similar health and fitness goals.

**Online Community Workouts and Support**

Weekly workouts and video demonstrations provided in an online community format. You will be added to a

private group on Facebook to check in, share results, encourage and support each other.

**Note to Ben…..there will be no Personal Nutrition tab needed.**

**Pricing:**

**Personal Training and Wellness Coaching:**

**$30 per ½ hour**

**15 minutes additional wellness coaching is included for a total of 45 min. for $30.**

**Small Group Training and Wellness Coaching:**

**$45 per ½ hour**

**3-5 people max in a group**

**15 minutes additional wellness coaching is included for a total of 45 min. for $45**

**Online Community Workouts and Support:**

**$30 per week**

**Individual feedback and goal setting via Skype**

**3 workouts a week provided with video and demos**

**Group support on private FB page**