

# Package description & pricing

## PACKAGE 1

### Strength & Conditioning Personal Training (1-1 session)

- 12 session (Validity 30 days)
- 16 session (Validity 45 days)
- 20 session (Validity 60 days)

### Strength & Conditioning Buddy Training (1-1 session)

- 12 session (Validity 30 days)
- 16 session (Validity 45 days)
- 20 session (Validity 60 days)

(Maximum 2 members allowed)

### Strength & Conditioning Family Training (1-1 session)

- 12 session (Validity 30 days)
- 16 session (Validity 45 days)
- 20 session (Validity 60 days)

(Maximum 4 family members allowed)

### Description about program

Strength and Conditioning Coach is responsible providing programming and coaching that includes but not limited to motivation, education, and guidance on proper nutrition, conditioning, resistance training, mobility, and recovery to help clients develop to the best of their ability.

(This is just a hint; content writer has to elaborate)

### Benefit of the program

(Content to be written by content writer)

### Highlights of what program offer

1. Live fitness session & goal setting
2. Tailored live session, different everyday with increasing intensity each day to challenge the individual and safely improve the fitness.
3. 24\*7 chat & email support
4. Constant motivation & supplementation guidance

### How it works?

(Content to be written by content writer)

# Package description & pricing

Training program	Standard	Premium	Standard	Premium
<b>Strength &amp; Conditioning Personal Training (1-1 session)</b>				
<b>12 session (Validity 30 days)</b>	7200 INR	9600 INR	\$156	\$180
<b>16 session (Validity 45 days)</b>	9600 INR	12800 INR	\$208	\$240
<b>20 session (Validity 60 days)</b>	12000 INR	16000 INR	\$260	\$300
<b>Strength &amp; Conditioning Buddy Training (1-1 session)</b>				
<b>12 session (Validity 30 days)</b>	10800 INR	14400 INR	\$234	\$270
<b>16 session (Validity 45 days)</b>	11400 INR	19200 INR	\$312	\$360
<b>20 session (Validity 60 days)</b>	18000 INR	24000 INR	\$390	\$450
<b>Strength &amp; Conditioning Family Training (1-1 session)</b>				
<b>12 session (Validity 30 days)</b>	14400 INR	19200 INR	\$312	\$360
<b>16 session (Validity 45 days)</b>	19200 INR	25600INR	\$416	\$480
<b>20 session (Validity 60 days)</b>	24000 INR	32000 INR	\$520	\$600

Note: Prices in US dollar, international clients will see price in their local currency.

US DOLLAR convert in their local currency.

## PACKAGE 2

### Special population (1-1 session)

- 12 session (Validity 30 days)
- 16 session (Validity 45 days)
- 20 session (Validity 60 days)

### Description about program

A special population refers to particular groups of people with special fitness and exercise needs and typically requires a greater level of supervision. This group includes those with diseases like heart disease, diabetes and other prevalent diseases and extends to those with injuries and specific situations like pregnancy, postpartum, seniors, etc.

(This is just a hint; content writer has to elaborate)

### Benefit of the program

(Content to be written by content writer)

### Highlights of what program offer

1. Live fitness session & goal setting
2. Tailored live session, different everyday with increasing intensity each day to challenge the individual and safely improve the fitness.

## Package description & pricing

3. 24\*7 chat & email support
4. Constant motivation & supplementation guidance

### How it works?

(Content to be written by content writer)

Training program	Standard	Premium	Standard	Premium
<b>12 session (Validity 30 days)</b>	12000 INR	14400 INR	\$204	\$240
<b>16 session (Validity 45 days)</b>	16000 INR	19200 INR	\$272	\$320
<b>20 session (Validity 60 days)</b>	20000 INR	24000 INR	\$340	\$400

Note: Prices in US dollar, international clients will see price in their local currency.

US DOLLAR convert in their local currency.

## PACKAGE 3

### Yoga Personal Training classes (1-1 session)

- 12 session (Validity 30 days)
- 16 session (Validity 45 days)
- 20 session (Validity 60 days)

### Yoga Buddy Training Classes (1-1 session)

- 12 session (Validity 30 days)
- 16 session (Validity 45 days)
- 20 session (Validity 60 days)

(Maximum 2 members allowed)

### Yoga Family Training Classes (1-1 session)

- 12 session (Validity 30 days)
- 16 session (Validity 45 days)
- 20 session (Validity 60 days)

(Maximum 4 family members allowed)

# Package description & pricing

## Description about program

Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. It involves movement, meditation, and breathing techniques to promote mental and physical well-being.

(This is just a hint; content writer has to elaborate)

## Benefit of the program

(Content to be written by content writer)

## Highlights of what program offer

1. Live Yoga session & goal setting
2. Tailored live session, different everyday with increasing intensity each day to challenge the individual and safely improve the fitness.
3. 24\*7 chat & email support
4. Constant motivation & supplementation guidance

## How it works?

(Content to be written by content writer)

Training program	Standard	Premium	Standard	Premium
<b>Yoga Personal Training classes (1-1 session)</b>				
<b>12 session (Validity 30 days)</b>	6000 INR	8400 INR	\$144	\$180
<b>16 session (Validity 45 days)</b>	8000 INR	11200 INR	\$192	\$240
<b>20 session (Validity 60 days)</b>	10000 INR	14000 INR	\$240	\$300
<b>Yoga Buddy Training classes (1-1 session)</b>				
<b>12 session (Validity 30 days)</b>	9000 INR	12600 INR	\$216	\$270
<b>16 session (Validity 45 days)</b>	12000 INR	16800 INR	\$288	\$360
<b>20 session (Validity 60 days)</b>	15000 INR	21000 INR	\$360	\$450
<b>Yoga Family Training classes (1-1 session)</b>				
<b>12 session (Validity 30 days)</b>	12000 INR	16800 INR	\$288	\$360
<b>16 session (Validity 45 days)</b>	16000 INR	22400 INR	\$384	\$480
<b>20 session (Validity 60 days)</b>	20000 INR	28000 INR	\$480	\$600

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US DOLLAR convert in their local currency.

# Package description & pricing

## PACKAGE 4

### Transformation session (1-1 session)

- 60 Days
- 90 Days
- 180 Days

### Description about program

Transformation Package provides the structure and support you need to get back on fitness track. Work out smarter with an eight-week personalized training program

(This is just a hint; content writer has to elaborate)

### Benefit of the program

(Content to be written by content writer)

### Highlights of what program offer

1. Live fitness session & goal setting
2. 5 Live fitness session each weak
3. Dietician consulting once every week
4. Tailored live session, different everyday with increasing intensity each day to challenge the individual and safely improve the fitness.
5. 24\*7 chat & email support
6. Constant motivation & supplementation guidance

### How it works?

(Content to be written by content writer)

Training Program	Prince in INR	Price in USD
<b>Transformation session (1-1 session)</b>		
60 DAYS	40000 INR	\$600
90 DAYS	60000 INR	\$900
180 DAYS	100000 INR	\$1700

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US DOLLAR convert in their local currency.

# Package description & pricing

## PACKAGE 5

### Offline Training (Only Delhi NCR)

#### Strength & Conditioning Home Personal Training (1-1 session)

- 12 session (Validity 30 days)
- 16 session (Validity 45 days)
- 20 session (Validity 60 days)

#### Strength & Conditioning Buddy Home Training (1-1 session)

- 12 session (Validity 30 days)
- 16 session (Validity 45 days)
- 20 session (Validity 60 days)

(Maximum 2 members allowed)

#### Strength & Conditioning Family Home Training (1-1 session)

- 12 session (Validity 30 days)
- 16 session (Validity 45 days)
- 20 session (Validity 60 days)

(Maximum 4 family members allowed)

#### Description about program

Strength and Conditioning Coach is responsible providing programming and coaching that includes but not limited to motivation, education, and guidance on proper nutrition, conditioning, resistance training, mobility, and recovery to help clients develop to the best of their ability.

(This is just a hint; content writer has to elaborate)

#### Benefit of the program

(Content to be written by content writer)

#### Highlights of what program offer

1. fitness session at your own location & goal setting
2. Tailored session, different everyday with increasing intensity each day to challenge the individual and safely improve the fitness.
3. 24\*7 chat & email support
4. Constant motivation & supplementation guidance

# Package description & pricing

## How it works?

(Content to be written by content writer)

Training program	Standard	Premium
<b>Strength &amp; Conditioning Home Personal Training (1-1 session)</b>		
12 session (Validity 30 days)	9600 INR	10800 INR
16 session (Validity 45 days)	12800 INR	14400 INR
20 session (Validity 60 days)	16000 INR	18000 INR
<b>Strength &amp; Conditioning Buddy Home Training (1-1 session)</b>		
12 session (Validity 30 days)	14400I NR	16200 INR
16 session (Validity 45 days)	19200 INR	21600 INR
20 session (Validity 60 days)	24000 INR	27000 INR
<b>Strength &amp; Conditioning Family Home Training (1-1 session)</b>		
12 session (Validity 30 days)	19200 INR	21600 INR
16 session (Validity 45 days)	25600 INR	28800 INR
20 session (Validity 60 days)	32000 INR	36000 INR

## PACKAGE 6

Group classes (Yoga, Core, HIIT, ZUMBA)

16 Sessions/ Month

Monthly subscription

4 session a week

Maximum 15 member/session

### Description about program

(Content to be written by content writer)

### Benefit of the program

(Content to be written by content writer)

### Highlights of what program offer

1. Online fitness session & goal setting

## Package description & pricing

2. Tailored session, different everyday with increasing intensity each day to challenge the individual and safely improve the fitness.
3. 24\*7 chat & email support
4. Constant motivation & supplementation guidance

### How it works?

(Content to be written by content writer)

Training Program	Price in INR	Price in USD
YOGA	1400 INR	\$30
CORE	1200 INR	\$25
HIIT	1200 INR	\$25
ZUMBA	1200 INR	\$25

Note: Prices in US dollar, international clients will see price in their local currency.

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## PACKAGE 7

### Dietician consultation

- 4 session (1 session/week)
- 2 session (15 days each)

Description about program

Highlight of what program offer

How it works?

(Content to be written by content writer)

Program	Price in INR	Price in USD
4 Session (1session/week)	4800 INR	\$80
2 Session (every 15 days)	3000 INR	\$50

Note: Prices in US dollar, international clients will see price in their local currency.

US DOLLAR convert in their local currency.