

PERSONAL TRAINING

Coach package guide

30- and 60-minute sessions | Trainer reference

60 MINUTES

More time for preparation, strength work, and progression.

PACKAGE	PER SESSION	TOTAL
1 session	\$145	\$145
6 sessions	\$139	\$834
12 sessions Recommended Starter Pack	\$133	\$1,596
24 sessions	\$127	\$3,048
48 sessions	\$122	\$5,856

30 MINUTES

Focused coaching for a specific training priority or a tighter schedule.

PACKAGE	PER SESSION	TOTAL
1 session	\$75	\$75
8 sessions	\$75	\$600

HOW TO RECOMMEND A PACKAGE

1. Clarify the goal, schedule, training history, and what support the client wants.
2. Use the assessment to recommend a realistic weekly frequency.
3. Match the session length and package to that plan, then review the total.

EXAMPLE CLOSE

“Based on your goals and assessment, I recommend two 60-minute sessions a week. The 12-session starter pack gives us six weeks to build strength and track progress. It is \$133 per session, \$1,596 total. How does that fit your schedule?”

Prices shown in the supplied Coach-tier screenshots. Confirm current pricing and terms before quoting.