

PERSONAL TRAINING PACKAGES

BRONZE - \$500

- Custom Training Program, updated as needed to ensure progression
- x8 Personal Training Sessions (60 MIN) @Trainer's Gym; Houston ,TX 77080

For those seeking:

- HIGHLY-EFFICIENT WORKOUTS WITH THE COACHING OF A PROFESSIONAL FITNESS EXPERT
- OPTIMAL PROGRAMMING FOR SPECIFIC GOALS, PREFERENCES, AND ANY CURRENT/PAST INJURIES

SILVER - \$625

- Custom Training Program, plus access to Trainerize software via the mobile app!
- x8 Personal Training Sessions (60 MIN) @Trainer's Gym; Houston ,TX 77080
- Weekly Check-Ins via Text Message for added accountability.
- Nutritional Guidance for your goals, body- type, preferences, etc
- Weekly Health Coaching Sessions (30 minutes) via Phone Call
- Weekly Goal Sheets for added accountability
- Full email support 7 days a week

For those seeking:

- ADDITIONAL ACCOUNTABILITY
- 1-ON-1 HEALTH COACHING TO ADDRESS AREAS OF IMPROVEMENT WITH DIET & LIFESTYLE
- EDUCATION OF NUTRITION PRINCIPLES AS THEY PERTAIN TO EXERCISE AND BODY COMPOSITION CHANGES

GOLD - \$999(Bulk Session Discount)

- Custom Training Program, plus access to Trainerize software via the mobile app!
- x16 Personal Training Sessions (60 MIN) @Trainer's Gym; Houston ,TX 77080
- Weekly Check-Ins via Text Message for added accountability.
- Nutritional Guidance for your goals, body-type preferences, etc
- Weekly Health Coaching Sessions (30 minutes) via Phone Call
- Weekly Goal Sheets for added accountability
- Full Phone, Text, and Email support 7 days a week

For those seeking:

- ADDITIONAL ACCOUNTABILITY
- 1-ON-1 HEALTH COACHING TO ADDRESS AREAS OF IMPROVEMENT WITH DIET & LIFESTYLE
- EDUCATION OF NUTRITION PRINCIPLES AS THEY PERTAIN TO EXERCISE AND BODY COMPOSITION CHANGES



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