

Get Serious Training



Nutrition & Strength Training Programs - Best results, best value!

12-Week Nutrition & Strength Training Program \$3,200 (save \$500)

Duration: 90 Days of Coaching and support

Nutrition Consultation

Initial Health Assessment and Program Presentation

7 Coaching follow up consultation: 30 min

Full e-mail/online support for 90 Days

Strength Training Sessions

3x per week over a 12 week period

(x36) 1 hour Sessions

8-Week Nutrition & Strength Training Program \$2,700 (save \$300)

Duration: 60 Days of Coaching and support

Nutrition Consultation

Initial Health Assessment and Program Presentation

4 Coaching follow up consultation: 30 min

Full e-mail/online support for 60 Days

Strength Training Sessions

3x per week over an 8 week period

(x24) 1 hour Sessions

All Program/Session packages must be completed in time frames.

All Program/Sessions are paid in advance (check, all major credit cards, or cash).

Last minute cancellations will be a session counted.

Get Serious Training



Nutrition Counseling Price List

Single Nutrition Counseling Session – \$125

Only available to members that are doing, or have done a package

Starter Package – \$300.00

Duration: 30 Days of Coaching and support

Initial Health Assessment and Program Presentation
1 follow up consultation session: 30 minutes each
Full e-mail support for 30 Days
Full online support for 30 Days

6-Week Package – \$550.00

Duration: 45 Days of Coaching and support

Initial Health Assessment and Program Presentation
4 follow up consultation session: 30 minutes each
Full e-mail support for 45 Days
Full online support for 45 Days

12-Week Package – \$850.00

Duration: 90 Days of Coaching and support

Initial Health Assessment and Program Presentation
7 follow up consultation session: 30 minutes each
Full e-mail support for 90 Days
Full online support for 90 Days

All Program/Session packages must be completed in time frames.

All Program/Sessions are paid in advance (check, all major credit cards or cash).

Last minute cancellations will be a session counted.

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Strength Training Price List

Hourly Rates

1 hour session \$110.00
45 minute session \$82.50
30 minute session \$55.00

10 Session Rate

Strength Training sessions

(x10) 30 minute Sessions – \$500.00
(x10) 45 minute Sessions – \$750.00
(x10) 1 hour Sessions – \$1000.00

12 Session Rates

*Strength Training sessions for 3x per week for 4 weeks
Must be completed in time frame*

(x12) 30 minute Sessions – \$500.00
(x12) 45 minute Sessions - \$750.00
(x12) 1 hour Sessions – \$1000.00

24 Session Rates

*Strength Training sessions for 3x per week for 8 weeks
Must be completed in time frame*

(x24) 30 minute Sessions – \$1000.00
(x24) 1 hour Sessions – \$2000.00

All Program/Sessions are paid in advance (check all major credit cards or cash).
Last minute cancellations will be a session counted.

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MicroFit Assessment Price List

Full Assessment \$95

Follow-up Progress Assessment(s) \$55/session

Aerobic Capacity Session \$75

MicroFit Assessments are half off with training programs/packages.
All Program/Session packages must be completed in time frames.
All Program/Sessions are paid in advance (check, all major credit cards or cash).
Last minute cancellations will be a session counted.