



BRIDAL ONLINE TRAINING OPTIONS

SUBSCRIPTIONS

BEGINNER PROGRAM

- Monthly check ins
- Monthly workout program
- 3 workouts a week

PRICE:

- \$350/monthly
- minimum 3 months

INTERMEDIATE PROGRAM

- Monthly check ins
- Monthly calorie adjustment
- Monthly workout program
- 4 workouts a week

PRICE:

- \$450/monthly
- minimum 3 months

PACKAGES

90 DAY PROGRAM

- Bi-Weekly check ins
- Bi-Weekly group coaching
- Bi-Weekly calorie adjustment
- Monthly workout program
- 5 workouts a week

PRICE:

- \$2400 (3 installments of \$800)
- \$2100 (PAY IN FULL)
- **\$300 SAVINGS**

6 MONTH PROGRAM

- Weekly check ins
- Weekly group coaching
- Weekly calorie adjustment
- Monthly workout program
- 6 workouts a week

PRICE:

- \$3600 (6 installments of \$600)
- \$3000 (PAY IN FULL)
- **\$600 SAVINGS**

*With the subscription options, it is a 3 month commitment. After that, it is month-to-month.

*Savings apply only when the package is paid in full.

*NON REFUNDABLE.