

# Coach Kev's 2022 Fitness & Wellness Program Pricing

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Coach Kevin-Dwayne Offers Shared-Time Sessions

## Shared Time Sessions = 55 Minute Sessions

Shared-time sessions are sessions times shared with “up to 2” additional Persons. Each person will be trained and work on “their specific” goals and exercises. This package allows for more flexibility in scheduling and pricing. This is not a group session but allows for others to be trained by Coach Kev at the same time.

Choose From 3 Program Types

Basic, Standard, or Premium (Prices Are Per Month)

## 2 Sessions Per Week Monthly Pricing = 8 Sessions Per Month

<u>Term</u>	<u>Basic</u>	<u>Standard</u>	<u>Premium Plan</u>
	2 Training Sessions Per Week Healthy Eating Guide Access to Facebook Group \$10 Drop In Fee for Group Class (Reg. \$20)	2 Training Sessions Per Week Custom Meal Plan & Nutrition Coaching Access to Facebook Group 1 Free Group Class Access	2 Training Sessions Per Week Custom Meal Plan & Nutrition Coaching Access to Facebook Group 1 Free Group Class Access 2 Mobile App Workouts Per Week 1 Monthly Healthy Living Coaching Session
12 Months	\$295	\$345	\$400
6 Months	\$315	\$365	\$420
Month - Month	\$345	N/A	N/A

### **3 Sessions Per Week Monthly Pricing = 12 Sessions Per Month**

<u>Term</u>	<u>Basic</u>	<u>Standard</u>	<u>Premium Plan</u>
	<b>3 Training Sessions Per Week</b> <b>Healthy Eating Guide</b> <b>Access to Facebook Group</b> <b>\$10 Drop In Fee for Group Class</b> <b>(Reg. \$20)</b>	<b>3 Training Sessions Per Week</b> <b>Custom Meal Plan &amp; Nutrition Coaching</b> <b>Access to Facebook Group</b> <b>1 Free Group Class Access</b>	<b>3 Training Sessions Per Week</b> <b>Custom Meal Plan &amp; Nutrition Coaching</b> <b>Access to Facebook Group</b> <b>1 Free Group Class Access</b> <b>2 Mobile App Workouts Per Week</b> <b>1 Monthly Healthy Living Coaching Session</b>
<b>12 Months</b>	<b>\$360</b>	<b>\$444</b>	<b>\$512</b>
<b>6 Months</b>	<b>\$380</b>	<b>\$464</b>	<b>\$532</b>
<b>Month - Month</b>	<b>\$410</b>	<b>N/A</b>	<b>N/A</b>

**Shared-time persons will be trained for their own goals and fitness levels.**

**Group Sessions Are Optional\***

**Training Program Highlights:**

- Plans Offer Longer Consistency for Optimal Results
- **Convenient Monthly Pay Plan Required If Not Paying in Full (Requires \$30 Set Up Fee for EFT Billing)** • Individualized Fitness Program for your Specific Goals
- **Customized Meal Plan for Your Specific Dietary Requirements (Based on Package Type)**
- Nutrition & Lifestyle Coaching
- 2-3 Weekly Informational Text Alerts
- Progress Check-In
- Best Value for Your Money
- Wellness Coaching Support
- Accountability, Support, and Motivation from an Actively Certified Professional

**\*Set up fee is only added for the monthly payment of programs.**

***The fee is waived for programs paid in full upfront.***

Sessions are scheduled at the client and trainers mutually agreed upon time. There are no **makeup sessions for any missed/canceled sessions**. The client must pre-arrange schedule changes for travel at least 2 weeks in advance. Training/Billing Programs can be canceled at any time with written notice of 30 days depending on term length. However, billing will continue through the cancellation notice period. There are no refunds for training/coaching services.

[One-On-One Drop-In Session 50-Minute Hourly Rate: \\$75](#)