\*Journey with Kaylin

Health & Wellness

#### **PERSONAL TRAINING**



Includes:

- Initial movement and fitness assessment
- 1 hour 1:1 training session with movement and form coaching as well as discussion about goals and progress towards goals
- 1 week of personalized workout programming

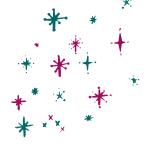
#### WELLNESS COACHING



Includes:

- Up to 1 hour coaching call
- Creation of a wellness plan tailored to your specific goals
- Mindset work, tools, and strategies for your wellness goals
- Weekly wellness assignments to progress you to your goals





## **BUNDLE AND SAVE**

## **PERSONAL TRAINING BUNDLES**

### **4 SESSION BUNDLE**



- 1 month of personal training + weekly workout programming
- discounted price of \$38 per session

### **8 SESSION BUNDLE**

# Save 10%

- 2 months of personal training + weekly workout programming
- discounted price of \$36 per session

### **12 SESSION BUNDLE**

Save 15% \$408

- 3 months of personal training + weekly workout programming
- discounted price of \$34 per session

### WELLNESS COACHING BUNDLES

#### **4 SESSION BUNDLE**



- 1 month of wellness coaching + weekly wellness assignments
- discounted price of \$28.50 per session

#### **8 SESSION BUNDLE**

# Save 10% \$216

- 2 months of wellness coaching + weekly wellness assignments
- discounted price of \$27 per session

#### **12 SESSION BUNDLE**

Save 15%



- 3 months of wellness coaching + weekly wellness assignments
- discounted price of \$25.50 per session



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# **ULTIMATE BUNDLES**

#### TRAILHEAD BUNDLE



Includes:

- 4 personal training sessions + weekly workout programming
- 4 wellness coaching calls + weekly wellness assignments
- Bonus 5% discount for combined personal training and wellness coaching totaling 10% discount!

#### **BASECAMP BUNDLE**



#### Includes:

- 8 personal training sessions + weekly workout programming
- 8 wellness coaching calls + weekly wellness assignments
- Bonus 5% discount for combined personal training and wellness coaching totaling 15% discount!

#### **PEAK BUNDLE**



Includes:

- 12 personal training sessions + weekly workout programming
- 12 wellness coaching calls + weekly wellness assignments
- Bonus 5% discount for combined personal training and wellness coaching totaling 20% discount!





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