



# Journey with Kaylin

## Health & Wellness

### PERSONAL TRAINING

**\$40** per session

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

**\$30** per session

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

Save 5%

# \$152

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

### 8 SESSION BUNDLE

Save 10%

# \$288

- 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

Save 5%

# \$114

- 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%

# \$306

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



# ULTIMATE BUNDLES

## TRAILHEAD BUNDLE

# \$252

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

# \$476

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

# \$672

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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