

tatiana

KOVAL

# In-Person

## *Personal Training*

I personally train clients out of the Self Made Training Facility in Mission Valley. This is a private gym we as trainers rent, so you as the client pay no membership fees, it's never over crowded, and you'll never feel silly doing any exercises because everyone else there is working towards their goals with a trainer as well!

### Training Payment Options

#### Monthly Packages, One on One Training

1x a week \$60 per session

2x a week \$60 per session

3x a week \$60 per session

#### Monthly Packages - Group Training

- Partner training is recommended for those with similar health/physiques goals in mind, who both don't have any serious injuries

#### Partner Package

1x a week \$45 each per session

2x a week \$45 each per session

3x a week \$45 each per session



### Groups of 3

- Group training is recommended for those with similar health/physique goals in mind, who both don't have any serious injuries

1x a week \$35 each per session

2x a week \$35 each per session

3x a week \$35 each per session

If you choose monthly training, you will have a scheduled day/time to come in every week. Your card will be charged through my payment app either monthly, or bimonthly. If you know you will miss and inform me in advance I am very accommodating with rescheduling and will work with your schedule to do so. However if you give less than a 24 hour warning or it becomes a regular thing your card will be charged for your missed session.

Once you have signed up for in person training, I will create a macro based meal plan for you to get started with. I will also calculate your personalized macros for either weight-loss or muscle gain, depending on your goals.

After signing up for in person training, I'll also give you access to my online training app. Here, you can connect your myfitnesspal account, upload progress pics, and easily record your body stats. I also send out additional upper body, lower body, and full body/hiit workouts along with exercise demonstrations of each exercise being performed for your convenience.



### Tandem Single Sessions

5 sessions \$400

10 sessions \$750

20 sessions \$1,400

The single sessions are paid in full all upfront. You can schedule them whenever you feel you need a session, you can also cancel them with no charge, however you will have no set day/ time so if a monthly client takes the time spot you were hoping to get that week we will have to choose a new time slot. The benefit of these sessions is that they never expire, you won't be charged for a no show, and you can change your day/time at ease.