



FUNSEEKERFITNESS.COM

SOCIAL

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ONLINE TRAINING

START UP PACKAGES:

Level 1 Online Personal Training Package - \$400

Initial Screening - 45 minutes, Paperwork, Assessment via Facetime or Zoom call

5 Week Workout Plan & 3 total body printable workouts, tailored to you, your space and equipment

1 - Private, unlisted YouTube video workout. Workout video is tailored to your goals, space and equipment. Allow 10 days from consultation for creation of videos. Videos are yours to access forever and not shared with the public.

Five - 30 minute online training session completed via Facetime or Zoom

Level 2 Online Personal Training Package - \$600

Includes Initial Screening, Assessment, 3 printable workouts and 1 Private, unlisted YouTube videos PLUS:

Ten - 30 minute 1-1 sessions completed via Facetime or Zoom call

Level 3 Online Personal Training Package: \$800

Includes Initial Screening, Assessment, 3 printable workouts and 1 Private, unlisted YouTube video PLUS:

15 - 30 minute sessions completed via Facetime or Zoom

Free entry (\$597 value) to the next 90 Day Mindset & Muscle Facebook Challenge Group. 90 Day Challenges begin 1/1, 4/1, 7/1 and 10/1. You will be added to the next one!

ADD-ON OPTIONS:

Individual 30 minute online FaceTime: \$55

30 MINUTE SESSION PACKAGES:

5/\$237.50

10/\$450

15/\$645