



1:1 PERSONAL TRAINING

INDIVIDUALIZED, RESULTS-DRIVEN PROGRAMS

- 4-12 Private, 50-minute sessions per month (depending on the plan/package you choose)
- [Custom Calorie, Macro & Portion Guide](#)

MEASUREMENTS & ASSESSMENTS

Subjective Assessments

To determine client goals, lifestyle, physique / fitness starting point, and medical history

- Physical Activity Readiness Questionnaire
- General lifestyle and medical history questionnaire
- Nutrition assessments
- Progress pictures

Monthly Physiologic and Anthropometric Assessments

To determine current physiologic and anthropometric baseline measurements

- Resting heart rate
- Circumference measurements
- Body weight
- Body Mass Index
- Basal metabolic rate; resting metabolic rate
- Body fat percentage (bioelectrical impedance)

Static and Dynamic Postural Assessments

To determine potential muscle imbalances, range of motion, and movement impairments

- Static Posture Assessment
- Overhead Squat Assessment
- Pushing / Pulling Assessments

BONUS: [MOXIE MEMBERS ONLINE SUBSCRIPTION](#)

- [Online Fitness Programming](#)
- Free Downloadable Nutrition Tools & Resources
- Travel Workouts
- [Moxie 30-Day Kickstart](#)
- [Moxie Reboot \(\\$\)](#)
- [Moxie 30 Days of Balanced Plate](#)

PACKAGES + BUNDLES

(All packages + bundles expire exactly 4 months after the date of purchase)

GOLD TOTAL TRANSFORMATION BUNDLE

36x 1:1 Personal Training Sessions (~12 Sessions / Month @\$69)

+ [Moxie Reboot Program](#) (Online)

+ [Custom Calorie, Macro & Portion Guide](#)

+ [Moxie Members Online](#) Monthly Subscription

+ 3 Monthly Assessments

+ One-Time \$99 Initiation Fee*

\$3679 VALUE

\$2583

SILVER TOTAL TRANSFORMATION BUNDLE

24x 1:1 Personal Training Sessions (~8 Sessions / Month @\$79)

+ [Moxie Reboot Program](#) (Online)

+ [Custom Calorie, Macro & Portion Guide](#)

+ [Moxie Members Online](#) Monthly Subscription

+ 3 Monthly Assessments

+ One-Time \$99 Initiation Fee

\$2515 VALUE

\$1995

BRONZE TOTAL TRANSFORMATION BUNDLE

12x 1:1 Personal Training Sessions (~8 Sessions / Month @\$88)

+ [Moxie Reboot Program](#) (Online)

+ [Custom Calorie, Macro & Portion Guide](#)

+ [Moxie Members Online](#) Monthly Subscription

+ 3 Monthly Assessments

+ One-Time \$99 Initiation Fee

\$1351 VALUE

\$1155

MONTHLY PLANS

(Automatic Recurring Monthly Payment)

GOLD MONTHLY PLAN

12x 1:1 Personal Training Sessions / Month @\$74)

+ [Custom Calorie, Macro & Portion Guide](#)

+ [Moxie Members Online](#) Monthly Subscription

+ Monthly Assessments

\$1293 VALUE

\$888 / MONTH*

SILVER MONTHLY PLAN

8x 1:1 Personal Training Sessions / Month @\$84

+ [Custom Calorie, Macro & Portion Guide](#)

+ [Moxie Members Online](#) Monthly Subscription

+ Monthly Assessments

\$855 VALUE

\$672 / MONTH*

BRONZE MONTHLY PLAN

4x 1:1 Personal Training Sessions / Month @\$93

+ [Custom Calorie, Macro & Portion Guide](#)

+ [Moxie Members Online](#) Monthly Subscription

+ Monthly Assessments

\$467 VALUE

\$372 / MONTH*

****\$99 One-Time Initiation Fee will be added to your initial payment.***

EXPIRATION / REFUND POLICY - If a client purchases a Monthly Plan, the client may not exceed the agreed-upon number of sessions in a one-month period. All sessions must be completed before their monthly plan expires at the end of the month and any unused sessions will not roll over into the following month(s). All Packages + Bundles expire exactly four months after the date of purchase. All sessions must be completed before their Package expires and any unused sessions will be forfeited by the client.

All packages, plans, and memberships are non-refundable / non-transferable.