Fitness Programs

Diet & Exercise

Hour Rates

1 session- $70

4 sessions - $240

10 sesions- $500

30 Minute Rates

1 session- $50

4 sessions- $160

10 sessions- $300

Diet Consult

1 hour- $75

- Programs are in person or virtual and tailored to the client. For in person sessions, I travel to you with all of the equipment. Diet consultation is an in-depth intake on the brain-gut axis and includes a custom meal plan. All programs are paid in advance with paypal, cash or check.

Event Programs

"I Do" Yoga

1 hour- $50

- Yoga designed for the bride and/or her wedding party. Start your wedding day or week zen, connected, and grounded.

Bach It Up Bootcamp

1 hour- $50

- Bach It Up Bootcamp is a class tailored to the interest of the wedding party! Options for boxing, barre, HIIT or yoga. 40 minutes of sweating for the wedding and 20 minutes team building. 3 person minimum.

Ringside Seat

1 hour- $50

- The ladies can't have all the fun! Ringside Seat is designed for the bride and the men in her life. Fiance, father, brother, in-laws or anyone else is invited! A group of 2-10 people, learning boxing fundamntals followed by a knock out work out.