

Personal Training Services

It is important when working with one of our concierge personal trainers and yoga instructors that we match you with the trainer/yoga instructor that will best suit your individual needs. All of our concierge personal trainers are nationally accredited and go through 25 hours of practical training with Peak Physique prior to working with you. You may need, or want, to work with a trainer/yoga instructor that has additional qualifications. And Peak Physique provides training and education to allow our trainers/yoga instructors to advance in their expertise and become a higher tier.

Your price will be based on trainer tier and the frequency in which you work with that trainer.

Tier 1 Trainer/Yoga Instructor Pricing

60-min session

\$85 each session, 3 x week or more

\$90 each session, 2 x week

\$95 each session, 1 x week or less

90-min session

\$125 each session, 3 x week or more

\$130 each session, 2 x week

\$135 each session, 1 x week or less

Tier 2 Trainer/Yoga Instructor Pricing

60-min session

\$100 each session, 3 x week or more

\$105 each session, 2 x week

\$110 each session, 1 x week or less

90-min session

\$140 each session, 3 x week or more

\$145 each session, 2 x week

\$150 each session, 1 x week or less

Tier 3 Trainer/Yoga Instructor Pricing

60-min session

\$115 each session, 3 x week or more

\$120 each session, 2 x week

\$125 each session, 1 x week or less

90-min session

\$155 each session, 3 x week or more

\$160 each session, 2 x week

\$165 each session, 1 x week or less

Bridal Personal Training Packages



Peak Physique understands how busy it can be for a bride and groom leading up to your big day! Let us take one thing off your plate and offer you a concierge approach to your fitness. A workout program that is personalized to your schedule, and focused on getting you that desired look on your wedding day.

Peak Physique doesn't just offer you a workout plan; we go several steps further to ensure your success:

- 1)** You will receive a custom workout program specific to your fitness goals, wedding time-frame and busy schedule. Whether you want to fit into a smaller bridal gown and/or have toned arms, shoulders, and back for a strapless gown or even look like a knock-out on your honeymoon, we will help you achieve your goals.
- 2)** Nutrition guidance and healthy eating plan is included to compliment your workout program. Grocery store trips, meal planning and daily tracking assistance are included with your wedding personal training package. We take the guess work out of eating healthy to make it as easy as possible meet your goals.
- 3)** We travel to you at your convenience. This saves you valuable time, driving in traffic and one less thing to add to your already busy schedule. Training you in your community gym, home, office or a local park will give you the flexibility to train when and where it's convenient for you. Our trainers offer flexible training schedules: early mornings, mid-day, evenings, weekends, whatever works best for you.
- 4)** Daily communication with your trainer is included to help you stay accountable, offer encouragement or answer questions. Your trainer will help you stay on track with daily texts, emails or phone calls.
- 5)** We use health assessments, fitness measurements and goal-setting to track your progress and ensure your success. See your progress weekly and feel motivated and encouraged as you get closer to your big day!
- 6)** Personal training packages are tailored based on your wedding timeline. We offer 1-3x (or more) per week sessions as well as discounted partner or group training options. Workout alone and use this

as time to focus on yourself and de-stress from wedding planning. Or you can have your spouse-to-be or bridal party join you for additional fun and accountability.

Peak Physique will make you feel and look beautiful on your special day. We love working with brides, grooms and all members of bridal party. We are honored to be a part of your wedding festivities.

[Contact](#) us today for a free consultation.

Congratulations on your recent engagement!

<http://www.peakphysiqueva.com/services-pricing/bridal-personal-training-packages/>