



HELA WELLNESS

PERSONAL TRAINING PACKAGES

No	Packages (Per Person)	Cost	Semi-Private (Two Persons)	Cost
1	One Session	\$ 75	One Session	\$ 60 per person
2	Three Sessions	\$ 220	Three Sessions	\$ 140 per Person
3	Five Sessions	\$ 350	Five Sessions	\$ 230 per Person
4	Ten Sessions	\$ 670	Ten Sessions	\$ 440 per Person

Initial Assessment: \$ 50

* *Initial Assessment is included in three or more session packages.*

Other Services:

- *Virtual or Online Coaching*
 - Remote sessions or workout plans delivered via video calls or apps
- *Customized Training Plans*
 - Receive tailored workout plans to follow independently
- *Fitness Assessments and Progress Tracking*
 - Regular assessments to monitor fitness levels, form, and body composition
 - Assists in staying focused and making necessary adjustments.
- *Nutritional Guidance*
 - Assistance in creating meal plans to complement fitness goals.
 - May include access to a dietitian or nutritionist.
- *Specialized Workshops or Clinics*
 - Focused sessions on areas like mobility, kettlebell training, or Rehabilitation
- *Lifestyle Coaching*
 - Incorporates wellness elements like stress management, sleep optimization, and mental health.
- *Partner or Duo Training*
 - Train with a friend or partner for shared motivation and reduced costs.
- *Rehabilitation or Recovery Programs*
 - Targeted programs to address injuries, improve mobility, or focus on recovery.