



Individual (1 on 1) Training (30 Minutes)

5 sessions (minimum)
10 sessions (ideal)

\$55/session *total \$275*
\$50/session *total \$500*

Individual (1 on 1) Training (45 Minutes)

5 sessions (minimum)
10 sessions (ideal)

\$70/session *total \$350*
\$65/session *total \$650*

Partner Training (30 Minutes)

5 sessions (minimum)
10 sessions (ideal)

\$70/session *total \$350*
\$65/session *total \$650*

Partner Training (45 Minutes)

5 sessions (minimum)
10 sessions (ideal)

\$90/session *total \$450*
\$80/session *total \$800*

Group Training (3+ People)

Affordable, effective training with friends or family. Email for pricing details.

30 Big Days, Big Goals & Light Weight Program

Total \$400 flat rate

A structured 30-day program combining expert coaching, accountability, and a customized plan.

- ✓ 1-on-1 Virtual Training – One 45-minute training session per week
- ✓ Customized Workouts – Two additional workouts per week designed for you
- ✓ Daily Check-Ins & Accountability – Stay on track with my personal guidance

Payment Options: Kelly Strong, LLC accepts payments via **Zelle (preferred)** and **Venmo** for convenience and security.

Zelle Username: ajkelly63@gmail.com

Venmo: *AJ-Kelly-3*

****A 12-hour notice is required to reschedule a session. Missed sessions are non-refundable.****

****All Sessions and Packages must be paid In Advance****

www.kellystrong63.com