

## 1:1 PERSONAL TRAINING PACKAGES

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

### PLATINUM PACKAGE

48x 1:1 Personal Training Sessions (~16 Sessions / Month @\$64)

+ [Moxie Members Online](#) Monthly Subscription (Regularly \$29/mo.)

+ 3 Monthly Assessments

+ One-Time \$99 Initiation Fee

*\$4793 VALUE*

**\$3171**

### GOLD PACKAGE (MOST POPULAR)

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

+ [Moxie Members Online](#) Monthly Subscription (Regularly \$29/mo.)

+ 3 Monthly Assessments

+ One-Time \$99 Initiation Fee

*\$3639 VALUE*

**\$2583**

### SILVER PACKAGE

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

+ [Moxie Members Online](#) Monthly Subscription (Regularly \$29/mo.)

+ 3 Monthly Assessments

+ One-Time \$99 Initiation Fee

*\$2465 VALUE*

**\$1995**

# 1:1 PERSONAL TRAINING

## MONTHLY PLANS

(Automatic Recurring Monthly Payment)

### PLATINUM MONTHLY PLAN

16x 1:1 Personal Training Sessions / Month @\$69

+ [Moxie Members Online](#) Monthly Subscription (Regularly \$29/mo.)

+ Monthly Assessments

*\$1581 VALUE*

**\$1104 / MONTH\***

### GOLD MONTHLY PLAN (MOST POPULAR)

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

+ [Moxie Members Online](#) Monthly Subscription (Regularly \$29/mo.)

+ Monthly Assessments

*\$1293 VALUE*

**\$888 / MONTH\***

### SILVER MONTHLY PLAN

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

+ [Moxie Members Online](#) Monthly Subscription (Regularly \$29/mo.)

+ Monthly Assessments

*\$855 VALUE*

**\$672 / 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 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.*

# 1:1 COACHING, ACCOUNTABILITY & SUPPORT

(Online via zoom + email)

## 3-MONTH PLAN (RECOMMENDED)

6x 1:1 Bi-Weekly Coaching Calls via zoom (2x/Month)

+ [Custom Nutrition Plan](#) (Regularly \$50)

+ Daily Habits, Lessons + Assignments

+ Full Access to Easy-to-Use Platform

+ Simple Practices + Daily Accountability

+ Small Yet Powerful Practices to Improve Daily Life

+ Personal Coaching + Detailed Progress Checking

+ Messaging Between Calls

**\$627**

## MONTHLY PLAN

1:1 Bi-Weekly Coaching Calls via zoom (2x/Month)

+ [Custom Nutrition Plan](#) (Regularly \$50)

+ Daily Habits, Lessons + Assignments

+ Full Access to Easy-to-Use Platform

+ Simple Practices + Daily Accountability

+ Small Yet Powerful Practices to Improve Daily Life

+ Personal Coaching + Detailed Progress Checking

+ Messaging Between Calls

**\$186 / MONTH\***

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

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## PRODUCTS + PROGRAMS

### MOXIE MEMBERS ONLINE SUBSCRIPTION

- [Online Fitness Programming](#)
- [THRIVE in Menopause](#) (\$50)
- Free Downloadable Nutrition Tools & Resources
- Travel Workouts
- [Moxie 30-Day Kickstart](#)
- [Moxie Reboot](#) (\$50)
- [Moxie 30 Days of Balanced Plate](#)
- ...and MORE!

**\$29 / MONTH**

*Cancel anytime.*

### CUSTOM NUTRITION PLAN

While our fitness programs will provide guidance on enhancing overall health while focusing on movement quality, joint and core stabilization, muscular strength, injury avoidance, aesthetics, and body composition, the most significant changes in body composition and muscle development will happen with proper nutrition. *Diet / nutrition accounts for at least 70 percent of the health-and-weight loss equation.* Movement and regular exercise are important for many reasons, but they don't mean much if the foundation of your nutrition is full of holes. (In other words, you cannot "out-exercise" a poor diet).

**\$50**

*One-time payment.*

**FITNESS & WELLNESS COACHING**  
**MOXIE REBOOT (ONLINE PROGRAM)**

"Reboot" is a term that is often used with computers. It means to reset an operating system back to baseline, so that you force some programs that are not working to quit. You may do this because it's slow, inefficient, or not functioning properly. On a computer, you reboot it by shutting it down and restarting it, thereby giving the computer's operating system and software programs a chance to start afresh and function effectively. The human brain and body are comparable to a computer. We all have a type of internal operating system made up of different "software programs" that run our daily lives. These different programs – our habits, routines and thought patterns – determine our choices and behaviors. These choices and behaviors – conscious or unconscious – ultimately determine our outcomes in life. Sometimes when we are not functioning at our best and the programs in our system are now moving us towards the best version of ourselves, it is time for a "Reboot".

**\$50**

*One-time payment. Moxie Members Online Subscription required.*