

## Services

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I offer a variety of running and personal training options with flexible scheduling and affordable rates for every budget. My programs are designed with your schedule and fitness level in mind to help you achieve each of your running and personal fitness goals.

Personal training sessions may be held in person in my Sun Prairie studio or virtually via Zoom. Contact me regarding current availability for private running/walking sessions and personal training sessions. I meet with my clients on a weekly, bi-weekly or monthly basis.

For a listing of upcoming fitness classes and running groups, please visit:  
<https://runningdivamom.com/upcoming-classes/>

For fitness parties, birthday parties and private classes, please contact me for rates and options.

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### **Personal training and private outdoor running/walking sessions:**

Private session (60 mins) - \$40 (one person)

Walk it out; Talk it out session (60 mins) - \$40 (one person)

### **Other in person services:**

Private running + fitness session (90 mins) - \$70 (one person)

Small group session (60 mins) - \$60 (two persons)

Small group session (60 mins) - \$75 (three persons)

Private session - in home\* (60 mins) - \$55 (one person)

Partner session - in home\* (60 mins) - \$75 (two persons)

\* additional \$15 for travel more than 20 mins

### **Virtual coaching & training programs:**

Custom running program with weekly virtual coaching (12 weeks) - \$99/12 weeks

Custom strength/cross training program with weekly virtual coaching (3 programs over 12 weeks) - \$99/12 weeks

Custom running program (12 weeks) + one custom strength/cross training program with weekly virtual coaching - \$149/12 weeks

3 month accountability package - 3 strength programs or 1 running program + 3 private sessions with weekly virtual coaching (12 weeks) - \$219

Custom YouTube Video - recorded & edited video of your strength program (15 mins) - \$50

Virtual fitness coaching (unlimited support & resources for movement accountability) - \$40/month