

## 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/>

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

Private session (60 mins) - \$45 (one person)

Walk it out; Talk it out session (60 mins) - \$45 (one person)

Private stretching session (30 mins) - \$30 (one person)

### **Health Coaching opportunities:**

Private Health Coaching Accountability Program (12 weeks) - \$480

Private Health Coaching Discovery Session (60 mins) & Programs - \$199

Private Health Coaching Follow-up Sessions & Programs (60 mins) - \$60

Mindful Meals & Movement Course - \$25

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

Small group session (60 mins) - \$70 (two persons)

Small group session (60 mins) - \$90 (three persons)

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

Partner session - in home\* (60 mins) - \$80 (two persons)

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

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

Custom running/walking program with weekly virtual coaching (12 weeks) - \$110

Additional month of running/walking program with weekly virtual coaching (4 weeks) - \$40

Custom strength/cross training programs with weekly virtual coaching (3 programs over 12 weeks) - \$110

Custom strength/cross training program with weekly virtual coaching (1 month) - \$40

Personalized fourteen day jump-start accountability program with weekly virtual coaching - \$40

3 month accountability package - 3 strength programs or 1 running program + 3 private sessions with weekly virtual coaching (12 weeks) - \$230

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

