

WELLNESS

Fitness + Nutrition

● FOUNDATION Package

- Flexible Support: \$195 | (\$235 value)

Fitness: Assessment + 4/Week self-guided plan + Week 4 Check In

Nutrition: 2 Coffee Sessions

- Full Assessment: \$210 | (\$250 value)

Fitness: Assessment + 4-week self-guided plan + Week 4 check-in

Nutrition: Initial assessment (60 min) - complete health assessment + personalized meal plan

Optional follow-up after 4 weeks (\$80)

● PREMIUM Package

- Flexible Support: \$515 | (\$585 value)

Fitness: Assessment + 4 weekly 1h PT sessions + Week 4 check-in

Nutrition: 2 Coffee Sessions

- Full Assessment: \$530 | (\$600 value)

Fitness: Assessment + 4 weekly 1h PT sessions + Week 4 assessment

Nutrition: Initial Consultation (60 min) - Complete Assessment + personalized plan

Premium coordination: Trainer and nutritionist communicate during 4 weeks

Optional follow-up after 4 weeks (\$80)



WELLNESS

Nutrition

● 15-Minute Discovery call (FREE)

What it is: A casual, no-commitment conversation where members can discuss their wellness goals and see if I am a good fit. Book online, meet in person or virtually.

● Coffee Session (\$65/30-Minutes)

What it is: A one-time or as-needed 30-minute consultation for members who want expert guidance without committing to a program.

Best for:

- Specific questions (meal planning, family nutrition, digestive issues, menopause, plant-based eating or any dietary pattern)
- Occasional check-ins for ongoing support with no commitment

Includes:

- Private recipe library (digital or printed)
- Weekly check-in emails (brief, templated)
- Access to private WhatsApp/email support during 4 weeks
- Bi-Weekly Meal planning template or grocery list tool

● Initial Nutrition Consultation (\$140/60-Minutes)

What it is: The next step after your free 15-minute check-in. This is where a personalized nutrition journey begins.

Best for:

- Members ready to address specific health concerns comprehensively (digestive issues, inflammation, menopause, energy, body composition, weight loss)
- Those who want a complete health assessment and customized plan
- Anyone seeking expert guidance specific to their needs.

Includes:

- 60-minute session (in-person or virtual)
- Complete nutritional anamnesis

What you receive:

- Written personalized nutrition plan
- Specific recommendations you can implement immediately
- Recipe suggestions and meal templates
- Shopping list or food guides
- Clear action steps and goal

● Follow-Up Session (\$80/45-Minutes)

What it is: Check-ins to review progress, adjust the plan, and troubleshoot challenges as they implement the nutrition changes. Complete assessment.



WELLNESS

Fitness

● 30-Minute Stretch Session (\$55)

What it is: 30-minute stretch sessions 1n1 customized just for you. Sessions often involve a mix of static holds and active, dynamic movements targeting major muscle groups.

Best for:

- Adults or Juniors
- Improve flexibility
- Joint range of motion
- Reduce muscle tension through guided, controlled movements

● Personal Training and Small Group (Private \$135, Semi-Private \$67.5)

What it is: Strength and core training, balance, flexibility/mobility, and losing that stubborn weight while staying strong.

Best for:

- Adults or Juniors
- Achieve fitness goals
- Maintain overall wellness while having fun

Includes: We will sit down first to discuss your training needs and from that we will be able to come up with the best overall plan for your needs.

● High-Performance Junior Tennis Training (\$25/Each)

Tuesday/Thursday ITD Academy Conditioning | 5:30 pm - 6:30 pm

What it is: Focus on various exercises including rotational power, explosive lower-body strength, shoulder stability, and core strength.

Best for: Enhancing overall court performance and injury prevention.

Includes: Guidance through various station, learning proper technique and form on all exercises to ensure the best training as well as the best injury prevention.

● TRX Class (\$45/Each)

Starting April 7th - Tuesday, 8:30 am - 9:30 am

What it is: TRX (Total Resistance Exercise) is a versatile suspension training system that uses body weight and gravity.

Best for: Adults - Building strength, balance, flexibility, and core stability

Includes: Guidance through various stations learning proper technique and form on all exercises to ensure the best training as well as the best injury prevention.

