



Our mission is to educate, inspire, & empower our clients in the areas of physical, mental, spiritual, corporate, and community health, wellness, & fitness.



Fitness Coaching

Fitness Coaching is the trademark service at COACH. But just what is fitness coaching? Fitness coaching is an approach and an attitude—we confront health and wellness holistically. This means that we design a personalized program, addressing all aspects of health, built for you.

Most people confuse fitness coaching with personal training. It's an easy mistake to make, as *personal training is a component of fitness coaching*. But that is where the similarities begin and end. Sure, exercise is part of it, but chances are, so are eating habits, your job, stress, age, and any other host or combination of factors.

Fitness Coaching is the only service which is completely personalized, and includes a customized selection of: counseling; goal setting; before-and-after body composition analysis and pictures; nutritional consultation; meal planning and grocery shopping advocacy; and telephone and email check-ins. **These services are included in Fitness Coaching packages only. All other services are stand-alone.**

PACKAGE	SESSIONS	PRICE	PACKAGE PRICE
Lean	10	\$75	\$750
Fit	20	\$65	\$1,300
Ripped	30	\$60	\$1,800
Buff	40	\$50	\$2,000

In Home Fitness Coaching offers the same amenities as 1-on-1 Fitness Coaching, but takes place in the comfort of your home.

PACKAGE	SESSIONS	PRICE	PACKAGE PRICE
Lean	10	\$85	\$850
Fit	20	\$75	\$1,500
Ripped	30	\$70	\$2,100
Buff	40	\$60	\$2,400

Couples & Partner Fitness Coaching | 10 session package min
2 people: \$40pp | 3 people, \$30pp

COACH Fitness Services

Hit-it-and-quit-it \$35

1-on-1, no commit, 1/2 hr, total-strength-buildin'-high-intensity-don't-stop-get 'it-get' it workout.

Couples & Friend Coaching \$22 pp

Coaching with a partner is a great way to save money, increase motivation, and be accountable in your fitness goals. Plus, it's just more fun! 1/2 hour

\$33 pp

45-min

Get-Fit-n-GO \$300

Package for the busy and financially savvy In Studio
Initial and follow-up session, Includes: \$350

- Body composition analysis and pictures
- Customized monthly fitness routine calendar
- Healthy eating plan
- Weekly e-mail support and check-in

This package is 3 months (12 weeks)

In Home

Private Boxing Coach \$35

Coach Stacey's boxing plan is an individually-customized combination of technique & combos, sparring rounds, heavy/speed bag work, & boxing – based warm-up/cool-down. Knockout! 1/2 hour

Fusion Pilates \$35

A COACH-exclusive technique, fusing the principles of mat Pilates and yoga, with a full- body, active, personalized-intensity program. The result is increased core-strength and definition, balance, flexibility, and mind-body wellness. 1/2 hour

Coach Stacey's Boot camp \$129

40 -45 minutes of group-burn-run-&-pump! A cost – effective alternative to private coaching. 3 days/wk

Boot camp series are offered 3-weeks out of every month, year-round. \$99
2-days/wk

Depending on demand, classes are offered mornings and/or evenings 2 –3 days/wk. Sign-up limited to 6 people/class during indoor-season months (~ Sep – May). See website for current dates and times.

Substitutions allowed \$60

At COACH, substitutions are allowed. This option allows you to create-your-own-class. Get a group of friends, foes, or co-workers together, and get a private and personalized workout at our studio. You guys coordinate the class, day, and time. 5 people max. Ideas include:

Cardio Dance • Abs/Core• Yoga/Pilates• Weight-training • Aerobic • Circuit • Combination

Other COACH Services

Counseling \$60

A safe, confidential, and supportive environment to talk over issues related to health, wellness, fitness, and life. 1 hour

\$540

Facilitated by Coach Stacey, a Registered Washington State Counselor, former university psychology professor, current I/O Psychology Doctoral candidate, and experienced group therapy leader. 10 sessions

Nutritional Consultation \$55

The single consultation option works best for those needing evaluation of an existing nutritional plan, or those who have a few quick questions or adjustments. 1 hour

\$500

A package is appropriate for those in need of a customized nutrition plan, ongoing guidance, accountability, and check-ins. 10 sessions

Meal Planning & Grocery Shopping Advocacy \$100

Grocery shopping tour helps you identify healthy grocery staples; understand food labels; and avoid common grocery shopping pitfalls. Q & A included. 2 hours

We can also help you clean out your cabinets and fridge, and plan and prepare your meals for the week.

Tune-up \$20

A 30– 45 minute coaching check-in to ensure that you are accountable and on track towards your health, fitness, and wellness goals. Telephone

\$30

In Studio

Body Composition Analysis (& pictures) \$25

Includes body weight, total-body measurements, body fat, water weight, and bone density mass analysis; and full body pictures.

'Yes, we do that too...'Per Project

As a boutique coaching & consulting firm, COACH offers a host of personalized health & wellness services. These services are customized to the unique needs of our clients, and require initial consultation:

- Corporate Wellness Programs
- Guest Speaking & Presenting
- Health-related Forums or Conferences
- Health Research
- Cheerleading Auditions or Competitions
- Choreography (for individuals or teams)
- Fitness & Figure Competition Preparation

