



## Monthly Packages

Services	Price
4 sessions per week <i>*Less than \$65 per session</i>	\$1000 per month
3 sessions per week	\$800 per month
2 sessions per week	\$600 per month
1 session per week	\$325 per month

*\*All in-person sessions are one hour long*

Monthly packages include access to my app through Trainerize! This includes customized weekly workouts, stretching routines, nutrition guidance, macronutrient and micronutrient analysis, habit reminders, and much more to speed up your results!

## 10 Session Packages

Weekly frequency	Price
4x per week	\$750
3x per week	\$800
2x per week	\$850
1x per week	\$900

*\*All in-person sessions are one hour long*

### Online coaching through the Trainerize app:

**\$200 per month** – Customized weekly workouts, weekly check-ins, nutrition guidance, habit reminders, and much more! This service is included in all the monthly packages listed above.

DISCLAIMER: Change takes time, and it is important to have a long-term mindset. My goal is to help you create sustainable and lasting change that you can continue with on your own. No crash diets, no get ripped quick approaches or fancy wording. We will take the time to learn how to move properly, train to prevent injury, and instill a goal-oriented mindset. Because of this I highly recommend a 3-month commitment. No contract just a commitment to the process and yourself for at least 3 months.

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