

One-on-One Private Training Options

Private gym coaching options for clients choosing between monthly consistency and flexible session-based training.

Simple decision rule: choose a membership for consistency and the best per-session value; choose packages or individual sessions for flexibility and no expiration.

Training Environment

All one-on-one training takes place in a private, fully equipped gym setting. The environment is designed for individualized strength training, movement development, exercise programming, and highly specific coaching based on the client's goals, training history, and current capacity.

Because this is a private training environment, sessions are scheduled intentionally and availability is limited. The options below are structured to help each client choose the best fit for their schedule, consistency, and level of commitment.

Option One: Monthly Training Memberships

Monthly memberships are built for clients who want consistency, structure, and the strongest per-session value. Memberships are billed monthly and reserve ongoing coaching availability.

Initial membership payment: first month and last month. This establishes commitment and intention from the beginning, and helps prevent cancellations that happen only because motivation temporarily drops going into the next month.

Membership	Monthly Price	Best For	Practical Value
Up to 3 Days Per Week	\$1,020/month	Clients who want consistent weekly training without daily access.	Roughly 12 sessions/month, or about \$85/session.
Unlimited Training	\$1,500/month	Clients who want the highest level of access, accountability, and training frequency.	Best value for clients training more than 3 days/week.

Up to 3 Days Per Week Membership

The 3x/week membership is the primary membership option for clients who want a structured and sustainable training schedule. At \$1,020 per month, the practical per-session value is approximately \$85/session when used three times per week.

Unlimited Training Membership

The unlimited membership is \$1,500 per month and is designed for clients who want the most access and support within the monthly membership structure. This option is ideal for clients training more frequently than three days per week, while still depending on schedule availability and appropriate recovery.

Membership Scheduling and Missed Sessions

Membership sessions are not treated the same as individually purchased sessions. Because membership pricing provides a lower per-session rate, missed sessions are not automatically made up unless there is an emergency or the session is canceled by me.

Monthly billing renews based on the client's individual start date.

One-on-one memberships are for one client only. They cannot be shared, transferred, or split between multiple people.

If a client knows they will be traveling for a significant portion of the month, this must be communicated at least one month in advance. Special arrangements may be considered case by case, but they are not automatic and must be discussed before the billing month begins.

Option Two: Session-Based and Package-Based Training

Session-based training is designed for clients who need more flexibility or do not want to commit to a monthly membership. These sessions do not expire, which makes this option useful for clients with inconsistent schedules, travel demands, or unpredictable availability.

The tradeoff is that the per-session cost is higher than the membership options. This reflects the added flexibility and the fact that these sessions do not reserve the same ongoing monthly schedule commitment.

One-on-one sessions and packages are for one client only. They cannot be shared, transferred, or split between multiple people.

Option	Price	Per-Session Rate	Best For
Individual Session	\$125	\$125/session	Single-session flexibility, occasional support, or specific training problems.
12-Session Package	\$1,380	\$115/session	Flexible training with a small package discount and no expiration.
20-Session Package	\$2,200	\$110/session	Best package value without monthly billing and no expiration.

Cancellation and Rescheduling Policy

Individual and package sessions must be canceled or rescheduled at least 24 hours in advance. Sessions canceled within 24 hours will be deducted from the package or charged as a completed session.

This policy helps protect reserved training times and keeps scheduling fair for all clients. Emergencies will be handled case by case. If I cancel a session, that session will not be deducted or charged and will be rescheduled.

Refunds or credits are handled case by case.

How to Choose the Best Option

If You Want...	Best Option
The best value and consistent weekly training	Up to 3 Days Per Week Membership
The highest level of access and support	Unlimited Membership
Maximum flexibility with no expiration	12- or 20-Session Package

If You Want...	Best Option
One-time coaching or occasional support	Individual Session

Final Notes

The membership option is built for consistency. The package option is built for flexibility. Both options provide one-on-one coaching in a private training environment, but they serve different needs.

If a client's schedule is predictable and they want the best value, the monthly membership is the better option. If a client's schedule changes frequently or they need sessions that do not expire, the package option is the better fit.

Partner Training Options

Shared private-gym coaching options for exactly two clients choosing between monthly consistency and flexible partner sessions.

Partner training is only available for 2 people maximum. It lowers the cost per person, but it is less individualized by nature. For injury-specific work, problematic areas, or tissue-remodeling goals, one-on-one training is strongly recommended.

Training Environment

All partner training takes place in a private, fully equipped gym setting. The space is designed for strength training, movement development, exercise programming, and coaching that can be adapted to both clients within the same session.

Partner training is strictly limited to two people maximum. If more than two people want to train together, that would need to be discussed as a separate small-group training structure with different pricing and expectations.

Because this is a private training environment, partner sessions must be scheduled intentionally. Both clients should be able to attend consistently for this structure to work well.

Important Note on Individualization

Partner training still includes coaching, cueing, exercise selection, and programming consideration. However, it is not the same as one-on-one training because the session plan needs to work for two people at the same time.

If one client needs a significantly different training focus, more time, or detailed work for a previous injury, one-on-one training is the better option.

Option One: Monthly Partner Training Memberships

Monthly partner memberships are designed for two clients who want consistency, structure, and the best shared per-session value. Memberships are billed monthly and reserve ongoing coaching availability for both clients.

Initial membership payment: first month and last month. This establishes commitment and intention from the beginning, and helps prevent cancellations that happen only because motivation temporarily drops going into the next month.

Membership	Monthly Price	Per-Person	Best For	Practical Value
Up to 3 Days Per Week	\$1,500/month per pair	\$750/month each	Two clients who want consistent weekly training at the best shared value.	About \$125/session, or \$62.50 each, based on 12 sessions/month.

Membership	Monthly Price	Per-Person	Best For	Practical Value
Unlimited Partner Training	\$2,200/month per pair	\$1,100/month each	Two clients who want the highest level of shared access and accountability.	Best value for partners training more than 3 days/week.

Membership Scheduling and Missed Sessions

Because membership pricing provides a lower per-session rate, missed sessions are not automatically made up unless there is an emergency or the session is canceled by me as the coach.

Monthly billing renews based on the partner training start date.

If either client knows they will be traveling for a significant portion of the month, this must be communicated at least one month in advance. Special arrangements may be considered case by case before the billing month begins.

Option Two: Partner Session-Based and Package-Based Training

Partner session-based training is designed for two clients who need more flexibility or do not want to commit to a monthly membership. These sessions do not expire, which makes this option useful for partners with inconsistent schedules, travel demands, or unpredictable availability.

The tradeoff is that the per-session cost is higher than the membership options because package sessions provide more scheduling flexibility and do not reserve the same ongoing monthly commitment.

Option	Price	Per-Session	Per-Person	Best For
Individual Partner Session	\$160	\$160/session	\$80 each	Two clients who want single-session flexibility.
12-Session Partner Package	\$1,800	\$150/session	\$75 each	Partners who want flexibility with a small package discount.
20-Session Partner Package	\$2,800	\$140/session	\$70 each	Partners who want the best package value without monthly billing.

Cancellation and Rescheduling Policy

Partner sessions must be canceled or rescheduled at least 24 hours in advance. Sessions canceled within 24 hours will be deducted from the package or charged as a completed session.

This applies even if only one partner is unable to attend, because the scheduled time has been reserved for that partner session. If one partner cannot attend and the other partner still wants to train alone, that situation is handled case by case.

Emergencies will be handled case by case. If I cancel a session, the session will not be deducted or charged and will be rescheduled. Refunds or credits are handled case by case.

How to Choose the Best Option

If You Want...	Best Option
The best partner-training value and consistent weekly sessions	Up to 3 Days Per Week Partner Membership
The highest level of shared access and support	Unlimited Partner Training
Maximum flexibility with no expiration	12- or 20-Session Partner Package
One-time shared coaching or occasional support	Individual Partner Session
Highly individualized programming or injury-specific remodeling	One-on-One Training
Training for more than two people	Separate small-group training discussion

Final Notes

Partner training is built for shared structure, accountability, and cost efficiency. It works best when both clients have compatible goals and can train together consistently.

One-on-one training is built for individualization. If the goal is to address a problematic area, work through previous injury history, or guide a more specific remodeling process, one-on-one training is strongly recommended.