



SEMI- PRIVATE GROUP TRAINING

THIS PROGRAM IS TAILORED
FOR CLIENTS WHO ARE:

- > New to exercise
- > Work well in a small group environment
- > Intimidated joining large or crowded fitness classes
- > Enjoy peer accountability
- > Struggle with achieving fitness goals
- > Lack the knowledge of how to break through plateaus
- > Desire ongoing coaching / progression
- > Looking for motivation & consistency
- > Need help structuring their success
- > Sport-specific training

WEST COAST
STRENGTH & MOVEMENT
WHERE THE ART OF
MOVEMENT MEETS THE
SCIENCE OF TRAINING



WHAT'S INCLUDED:

- > Initial Assessment 60min (full intake)
Identifying & prioritizing goals
- > Corrective Exercise Programming
Static / dynamic postural dysfunction
- > Customized Exercise Programming
- > Ongoing Re-Assessment Every 2 Months
Body composition & weight, girth measurements
- > Semi Private Training Sessions
- > Nutritional & Supplement Guidance
Simplified & prioritized
- > Travel Programming
Based on what is available to you

PROGRAM	FREQUENCY	MONTHLY INVESTMENT
6 Months	1X Week	\$240
	2X Week	\$440
	3X Week	\$600
12 Months	1X Week	\$220
	2X Week	\$400
	3X Week	\$540

PROGRAM ADD-ON

BEFORE	DURING	AFTER
PRE WORKOUT ENOS	INTRA WORKOUT BCAA	POST WORKOUT PROTEIN
\$3	\$3	\$3

30 DAY GUARANTEE

West Coast Strength & Movement guarantees to provide our clients with a premium experience tailored specifically to their needs and that our trainers will be professional and act in our clients best interest. We guarantee results provided that the client adheres to all nutritional and exercise recommendations, shows up to all scheduled sessions on time and is able and willing to put in the work required. Failure to meet the guidelines above will void the guarantee. If the client did not have a satisfactory experience, and/or did not achieve any results, the guarantee is also void and the client may opt out of the contract.