



## Personal Training & Coaching with Jesse Cala

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Get fit. Eat smart. Stay accountable. **GET MOVING!**

### **1-on-1 Personal Training**


Full-body sessions customized to your fitness goals.

Service	Details	Rate
Local Clients	Train at a nearby location	\$50/session
Travel to You	I come to your location (gas included)	\$65/session

### **Nutrition & Training Plan Add-On**

No in-person sessions included.

What's Included	Rate
<ul style="list-style-type: none"><li>• 8 Week Custom Training Plan (based on your goals)</li><li>• Daily Check-Ins &amp; Accountability Support</li><li>• Personalized Nutrition Guidance</li><li>• Grocery Store Shopping Tour</li></ul>	\$150 flat

 **Bundle both for full transformation: training + nutrition = structure, results, and support every step of the way.**

 Message Jesse to get started today! Spots are limited.

### **Package Deal**

Package	Details	Rate
Buy 7 Sessions, Get 1 Free	Pre-pay for 7 sessions and receive 1 additional session at no extra cost	\$75/session (8 sessions total)