



Stephanie K. Fonseca MS, RDN, CPT

Master of Science in Nutrition with a Sports Concentration

Registered and Licensed Dietitian Nutritionist

National Academy of Sports Medicine Certified (NASM) Personal Trainer

Schedule your FREE initial consultation and workout today!

45 Minute Sessions-Pricing and Packages

| | |
|--------------------|---|
| 1 Single Session | \$44 |
| 8 Session Package | \$39/ session (\$5 off per session)= \$312 |
| 16 Session Package | \$34/ session (\$10 off per session)= \$544 |

30 Minute Session-Pricing and Packages

| | |
|--------------------|--|
| 1 Single Session | \$34 |
| 8 Session Package | \$29/ session (\$5 off per session) = \$232 |
| 16 Session Package | \$24/ session (\$10 off per session) = \$384 |

Partner Workout Sessions-Pricing and Packages

| | 30 Minute Sessions | 45 Minute Sessions |
|--------------------|--------------------------|--------------------------|
| 8 Session Package | \$20 per person/ session | \$24 per person/ session |
| 16 Session Package | \$18 per person/ session | \$22 per person/ session |

Packages must be paid in full to receive discounted pricing.

Distances greater than 6 miles or 10 minutes will result in a travel fee of \$1 per mile.