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PACKAGE 2: Personal Training



This package focuses on customized Fitness and Personal Training, with an emphasis on helping you to achieve your specific fitness needs.

In this program we work together to create a program that is tailored to your specific goals, whether it is getting in shape, achieving a specific fitness goal or you're looking to take your fitness to the next level.

- ⇒ 1 X 60-minute session either in person or video-call
- ⇒ Unlimited weekly email contact to help you stay motivated and to strategize
- ⇒ Provide fitness testing to assess clients' current fitness level and plan a progressive physical activity program.
- ⇒ Specifically, designed exercise plan based on your level of ability and specific goals
- ⇒ Duration of the program to be determined based on individual needs

For pricing and information contact Kim at kim@ourhealthytable.com | 647-567-0173