

LIVE WITH PASSION WELLNESS

In-Home Personal Training

Private one-on-one sessions, delivered at your home • San Diego, CA

TRAINING ONLY

For clients training with LWPW who are not enrolled in a coaching program.

FREQUENCY	RATE / SESSION	ESTIMATED MONTHLY
Once a Week	\$200	≈ \$800 / month (4 sessions)
Twice a Week	\$175	≈ \$1,400 / month (8 sessions)
3x a Week BEST VALUE	\$150	≈ \$1,800 / month (12 sessions)

ADD-ON FOR COACHING CLIENTS

Discounted rate for clients currently enrolled in a Starter, Signature, or Premium coaching package.

FREQUENCY	RATE / SESSION	ESTIMATED MONTHLY
Once a Week	\$175	≈ \$700 / month (4 sessions)
Twice a Week	\$150	≈ \$1,200 / month (8 sessions)
3x a Week BEST VALUE	\$125	≈ \$1,500 / month (12 sessions)

SESSION DETAILS

Each session is 60 minutes, one-on-one, at the client's home.

BOOKING & PAYMENT

Sessions are billed based on the selected weekly frequency. 24-hour notice is required for cancellations or rescheduling.

SERVICE AREA

San Diego, CA and surrounding areas. Travel outside the standard service radius may incur an additional fee.

Ready to get started? Let's schedule your first session.