Start where you are. Build from here.

Training & Coaching Pricing

In person or online. A confident place to start.

KICKSTART SESSION

Your first 60-minute session

Goals discussion, assessment, guided workout + recommendations

$20

IN-PERSON SESSIONS & PACKAGES

Personalized workouts + one-on-one technique instruction
Progress tracking in Everfit + program adjustments
General nutrition guidance, food logging + brief weekly log review

PACKAGE	30 MINUTES		60 MINUTES	
	Total	Per session	Total	Per session
Single session	**$40**	$40	**$65**	$65
4 sessions	**$150**	$37.50	**$240**	$60
8 sessions	**$280**	$35	**$440**	$55
12 sessions	**$390**	$32.50	**$600**	$50

Packages include the same coaching service at a lower per-session price.

ONLINE COACHING

Personalized workouts in Everfit + weekly check-ins
Program adjustments, exercise video feedback + messaging support
General nutrition guidance + food logging with weekly feedback

Workouts completed independently. Live training sessions are not included.

$150
per month

READY TO GET STARTED?

@BuiltFromHereCoaching

Call / text (561) 320-4557

builtfromherecoaching@gmail.com

NASM-CPT

Serving Palm Beach County