



BodyDesigns Online Training Packages

Training

Price

4 weeks, 2 total body workouts per week

\$75

4 weeks 3 total body workouts per week

\$100

Prices include a cardio plan in addition to weight training days. All workouts are based on the equipment you have available and will either be a gym workout or an at home free weight workout. Cardio will be based on equipment as well as fitness level and goals.

Nutrition

Diet Plan*

\$ 325

Diet Plan with Personal
Training Package
(session minimum)

\$ 300

Nutrition Coaching per month *

\$ 75

BodyDesigns Two Week Detox Plan
\$15 (with any training package includes support)

BodyDesigns Two-Week Detox Plan
\$40 (without a training package includes support)

*Mary coaches her clients daily through the Lose It APP and this is included in a nutrition plan. She can see your actual food intake and correspond directly with you through the APP. This service is also available to anyone who just wants food coaching for \$75/month