

# Lisa Zolman

**Fitness Trainer, Spin Instructor,  
Group Trainer & Nutritional Coach**



## Communication:

Phone/Text/Zoom - 360.701.6503

Email - [allaboutyoufn@gmail.com](mailto:allaboutyoufn@gmail.com)

Web: [allaboutyoufn.com](http://allaboutyoufn.com)

## Details:

- Free consultation – first visit
- Pricing and discounts are based on payment in full at the time of initial training
- Add customized nutrition plan & coaching to your training for an additional \$100 a month

## Movement is medicine!



The difference between who you are now and where you want to be with your health... Is determined by what “YOU” do today.

**Go for it!**

## ALL ABOUT YOU FITNESS

Your goals are my goals. Let me take you on a health journey - teaching you sustainable habits toward a healthy lifestyle - that stick for long-term results.

## STRENGTH & CONDITIONING

### 1-1 In-Person (my gym or \*yours) Rates:

Per 45 Min. Session	Pkg. of 8	Pkg. of 12	Pkg. of 24
\$50	\$360 (\$45)	\$480 (\$40)	\$840 (\$35)

### 1-1 Virtual Training (Weight Training or Spin Cycle)

#### Rates

Per 45 Min. Session	Pkg. of 8	Pkg. of 12
\$45	\$320 (\$40)	\$420 (\$35)

\*may include a trip charge

**\$100 - add monthly nutrition to a Pkg.**

**Free cardio coaching with each package**

### Private or Virtual Group Rates

Clients Per Group	1 Session Per Person	8 Sessions Per Person	12 Sessions Per person
2	\$35	\$320 (\$30)	\$420 (\$25)
3	\$30	\$200 (\$25)	\$240 (\$20)

### Ask me about the current Virtual Group Classes

45-minute Bootcamp - \$10 (TBD)

Sunday 10:00am – 30-minute core/glutes - \$10 drop in \$20 month to month

## NUTRITIONAL COACHING

### Onetime Measurements and Customized Nutritional Plan - \$75

Monthly Plans	1 Month	2 Months	6 Months
<b>Weekly 30-minute check ins:</b> *Measurements, *Nutrition Plan *Tracking & Coaching *Create habits of health	\$200	\$475	\$550

Please use my [website](http://allaboutyoufn.com) to schedule with me