

## **Nutrition Plans/Diets**

**Nutrition Plans/Diets range from \$30-\$100.** Your initial diet regiment cost the most because there is a lot more work involved in your diet planning. We will need 3 days of what you are eating listed, as well as the times your eating, what time you wake up and go to bed, and your daily activity. We recommend you follow up with diet updates every couple weeks to see the best results possible. Everything will be strategically written out exactly of what you will need to do.

## **Cardio Programs**

**Cardio Programs:** \$100 for a months worth of workouts. (10-20 programs will be designed depending on your fitness goals). Each cardio will be written out to the minute if necessary.

**Cardio:** \$10 for 1 cardio program. If your cardio has been stale and you need something different, we offer to buy cardios 1 at a time.

## **Weight Programs**

**Weight Programs:** \$100 for a months worth of workouts to do on your own. (3-5 workouts a week) depending on your fitness goals. This is not personal training, these workouts are designed for you to complete on your own with our guidance through email or the phone if needed.

**Weight workout:** \$10 for 1 weight workout.

**Avery Body Program:** \$100. This is a 12 month program that is designed for structure, progression, and implementation of various exercises used for core development, strength, endurance, coordination, balance, and flexibility. This program can be useful to the novice or advanced individual looking to take their fitness to the next level. We offer a Men's coaching Program as well as a women's coaching program primarily for fat loss and muscle building. We give you the training programs, cardio programs, and nutrition coaching each month via email for you to

apply on your own. We will also include have a detailed description of each exercise a long with photo images. We are available to answer any questions you may have throughout your transformation through email, text message, and phone calls.

## **Personal Training**

**Personal Training:** 1 on 1/ or group training rates. Price varies. Available upon request.

## **CAMPS**

We host fitness camps every couple of months in a variety of areas. Our camps our called PINS (physical, internal, nutritional, and spiritual. So far we have hosted 3 camps; they were in Destin, Memphis, and Gatlinburg. We have a fourth and fifth camp coming up in April (10-12<sup>th</sup>) and August (TBD). For more information and pricing please contact.