



Personal Training Program

Services

The Dance with Leanne 1-Month Personal Training Program includes:

- Two (2) 30-minute personal training sessions per week (8 total), in person or remote
- Personalized fitness plan that includes workouts outside of our time together
- Customized Diet & Wellness "Rules"
- Meal Prep & Recipe Resources
- Accountability Check-ins
- Equipment Recommendations
- Contact with Leanne for advice/questions with guaranteed 24-hour response time

Note: Services provided are based solely on Leanne's personal and professional opinion as an ACE-Certified Personal Trainer and lifetime wellness enthusiast/professional dancer. She is not a certified nutritionist or registered dietician.

Payment

The cost of the program is \$300 per cycle (one month or 30 days). Payment is due at or before first personal training session. Payment can be sent via Venmo (@Leanne-Poirier), Zelle quickpay (Liacovetta@gmail.com), cash or personal check (payable to Leanne Poirier).

Additional personal training sessions can be scheduled at a discounted rate of \$50/hour (typically \$60).

- 30-minute sessions - \$25
- 45-minute sessions - \$37.50
- 1-hour sessions - \$50

Desired additional sessions can be scheduled anytime throughout your 30-day program.