

Dana Rossignol

www.DanRWellness.com

CoachDanaRossignol@gmail.com

843-676-5015

Coaching Menu

2019

Personal Training:

30 min: \$30

45 min: \$45

50 min: \$50 *this is the 60 minute session with a 50 minute workout*

Small group discount available for groups of 2 or more

Single session Goal Setting:

1 hr: \$50

Addressed: Time management and determining focus and goals.

Weight Management Consultation:

3 sessions (Zoom, phone, or in person) \$120

Detailed info for sessions:

www.DanaRWellness.com under Weight Management Consultation tab

Why choose my services?

2

certified in multiple group fitness formats: Turbo Kick, PiYo, Insanity, Strength, Cardio Dance, AMPD, BARRE Above

NCCPT certified personal trainer

NCCPT Weight Management Specialist

Running Coach/Runner

AAMA CMA

Wellness Coach