



*Online Training*

**SERVICES**

*and*

**PRICING**

SMALL GROUP COACHING



# Now Accepting New Clients

Email Kandiss: [iikandii88@gmail.com](mailto:iikandii88@gmail.com)

## This program is for you if:

- You are looking to start a new health journey...
- You are ready to take their journey to the next level...
- You are looking for that extra push / accountability...
- You need help getting back on track...
- You are dealing with depression + need some movement..
- You need something they can actually stick to...
- You need something that's flexible for your busy schedule.. .



Now Training  
Monday - Friday  
Morning + Evening Sessions



# ONLINE TRAINING

## Starting A New Journey

You'll never start a journey here and feel discouraged. No matter anyone else's fitness level, small group training gives a 1 on 1 experience.

Beginner Friendly Workouts  
Low Impact Workouts  
Minimal Equipment: Dumbbells

## Dealing With Depression

You need more movement, you need more positivity, you need a nutrient dense diet. Although at times you may not want to do anything, committing to girl krew online training will hopefully be able to give you a few days of light throughout the week. As long as you're here with girl krew, coach will not let you miss sessions. ; )

## A Program YOU can Do

Train with Coach K 2 - 3 times per week. The program that's going to hold you accountable + help you reach your goals.

body goals mind body goals

- All Fitness Levels
- Can Workout Anywhere
- Flexible Scheduling
- Weekly Check Ins
- Accountability
- Minimal Equipment

**GET STARTED  
TODAY!**

# ONLINE TRAINING

## MEMBERSHIP #1 —



1 15 minute monthly call

Assessment  
Questionnaire  
Follow Up



Weekly Check Ins

Bi weekly / monthly measurements  
Pics



2 35 min sessions per week



Free Access To Girl Krew Portal

Meal Plans  
Wrokout Library



Free Access To Krewcamp

Summer Sessions Are Limited

### 4 Week Program

This package is a great to start especially if you're looking to become a new member or have never worked out before. It's also perfect if you have a really tight schedule and looking to do something at least 2 times per week.

This is for you if:

- You're just starting a new journey
- Have a really tight schedule
- Able to push yourself outside of online training
- Want to test out one month first
- You workout with other trainers, coaches, classes

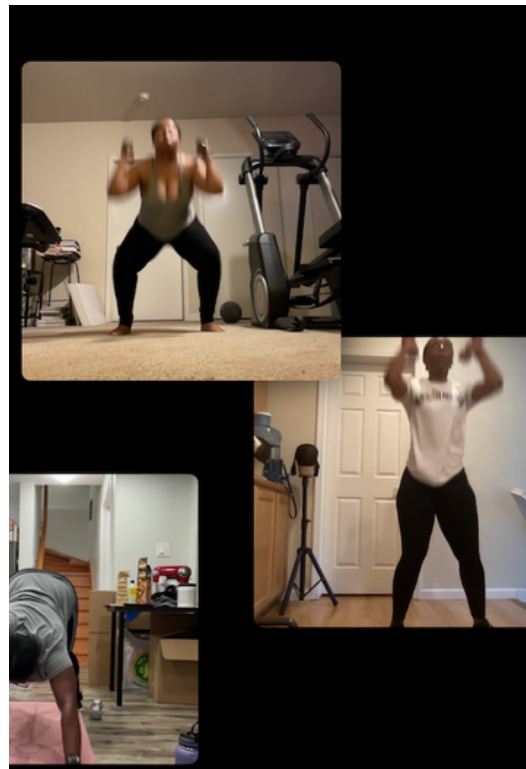


TOTAL SESSIONS: 8



summer specials going on now!

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Payment plans are not offered with training however you can place a 50% down payment to hold your slot for up to 2 weeks before training.

# ONLINE TRAINING

## MEMBERSHIP # 2

- ✓ 1 15 minute monthly call  
Assessment  
Questionnaire  
Follow Up
- ✓ Weekly Check Ins  
Bi weekly / monthly measurements  
Pics
- ✓ 2 35 min sessions per week
- ✓ FREE Access To Girl Krew Portal  
Meal Plans  
Wrokout Library
- ✓ Free Access To Krewcamp  
Summer Sessions Are Limited

### 4 Week Program

This package is a great to start especially if you're looking to become a new member or have never worked out before. It's also perfect if you have a really tight schedule and looking to do something at least 2 times per week.

#### This is for you if:

- Want a little more accountability. Coach K keeps up little more with you on a day to day basis especially if you have an Apple Watch (not needed). Not anything micro like but to make sure you are hitting your daily and weekly goals.
- Are able to commit to 3 days per week.
- Looking to really maximize monthly progress.



TOTAL SESSIONS: 12



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# ONLINE TRAINING

MEMBERSHIP # 3

- ✓ 1 15 minute monthly call  
Assessment  
Questionnaire  
Follow Up
- ✓ Weekly Check Ins  
Bi weekly / monthly measurements  
Pics
- ✓ Unlimited Access To Sessions
- ✓ Free Access To Girl Krew Portal  
Meal Plans  
Wrokout Library
- ✓ Free Access To Krewcamp  
Summer Sessions Are Limited

## 4 Week Program

Girl Krew now offers first time all access! You can come to as many sessions as you want a week BUT you must commit + be scheduled to at least 2 per week. Also to maintain this package you must stay committed to your scheduled sessions. This is for accountability.

You can schedule your sessions outside of the committed 2 or join last min. However you see fit. Either way I will always contact you to make sure you are held accountable.

### This is for you if:

- You don't care to workout on your own
- It's easier to show up when held accountable
- Want to workout consistently 4+ times a week.



TOTAL SESSIONS: UNLIMITED  
BUT MUST SCHEDULE FOR 2 FOR ACCOUNTABILITY.



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Welcome to girl krew virtual training. We specialize from 1 on 1 - up to 3/4 person training. Where you are placed is based on your availability, fitness level, + experience. Girl Krew virtual training has been around since 2015 + As your trainer/coach I believe in giving you an experience + results just as if it were in person. So choose your package + let's trust in your journey!

# STRATEGY CALL

## WHAT TO EXPECT:

01. Going over fitness levels.
02. Setting Performance + Physical Goals.
03. Getting a nutrition plan in place.
04. Monthly 1 on 1 calls will follow up on progress + and Questions for the upcoming month.
05. Rescheduling if any.

As your coach I will give my 100% commitment to you to help you achieve your goals. I will challenge you, hold you accountable and encourage you to step out of your comfort zone. In return you need to commit to our coaching relationship by being consistent on and offline. Welcome to Girl Krew Online Training.

Get Started Today  
Sign up to secure your spot for Today!