



INTEGRATIVE HEALTH COACHING PRICING

SESSION LENGTH VARIES:

Most sessions will be approximately 25 - 35 minutes, with one or two sessions being 45 – 60 minutes in length. Your health coach will communicate to you the length of each session in your package so you can schedule accordingly.

Health Coaching (1-on-1)	<u>Member</u>		<u>Non-Member</u>	
3-month contract 6-pk <i>Meeting with your coach every 2 weeks.</i>	\$288.00	\$48/session	\$378.00	\$63/session
3-month contract 12-pk <i>Meeting with your coach every week.</i>	\$576.00	\$48/session	\$756.00	\$63/session