

PLANS & PRICING

At Fit & Healthy by Ashlie, we offer competitive pricing for our comprehensive health and wellness services:



1. Fitness Assessments:

\$30 per assessment

2. One-on-One Training:

Weekly Prices



Individually:

2 session per week \$55
3 session per week \$80
4 session per week \$105

Couple:

2 session per week \$100
3 session per week \$150
4 session per week \$200

Monthly Prices

Individually:

2 session per week \$215
3 session per week \$325
4 session per week \$415

Couple:

2 session per week \$415
3 session per week \$615
4 session per week \$815

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