

# Ginger and Oak Co.

## In-Person Training & Wellness Services

### *Private 1:1 Personal Training (In-Person)*

Session Type	Rate
1 Hour Private Session	Starting at \$70
30-Minute Private Session	\$50
8-Session Package (1 Hour)	\$520 total
Local Resident Discount (1 Hour)	\$60/session (Lincoln, Bristol & South Starksboro)

### *Small Group Training (In-Person)*

Session Type	Rate
Chair Fitness + Breathwork (45-60 min)	\$30-\$40/person
Balance & Strength for Longevity (45-60 min)	\$30-\$40/person
Custom Small Group (on request)	Inquire

### *Add-On Services & Wellness Coaching*

Service	Rate
Custom Workout Plan (PDF)	\$100-\$150 (one-time)
Behavior Coaching Session (30 min)	\$40
Breathwork & Meditation Session (30 min)	\$30
Weekly Text/Email Support Add-On	\$30/month

Prices valid through August 31, 2025