

Ginger and Oak Co.

Virtual Training & Wellness Services

Private 1:1 Personal Training (Online)

| Session Type | Rate |
|----------------------------|-------------------------|
| 1 Hour Private Session | Starting at \$55 |
| 30-Minute Private Session | \$40 |
| 4-Session Package (1 Hour) | \$210 (\$52.50/session) |
| 8-Session Package (1 Hour) | \$420 total |

Small Group Training (Online)

| Session Type | Rate |
|--|------------------|
| Chair Fitness + Breathwork (45-60 min) | \$25-\$30/person |
| Balance & Strength for Longevity (45-60 min) | \$25-\$30/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