



2025

Pricing Guide

AGE-WELL.ONLINE

Cem Fay

Add-On Packages



Starter Session (1 Session)

STARTING
FROM/

\$129

- **Health Assessment:** Initial assessment of fitness levels and health metrics
- One-on-one training with a certified professional
- Personalized workout plan
- Immediate feedback and adjustments

Commitment Package (8 Sessions)

STARTING
FROM/

\$960

\$120/HR

- **Health Assessment:** Initial assessment of fitness levels and health metrics
- Consistent training for better results
- Regular progress tracking and adjustments
- Flexible scheduling to fit your lifestyle
- Priority scheduling and support

Transformation Package (16 Sessions)

STARTING
FROM/

\$1750

\$110/HR

- Comprehensive long-term plan
- Detailed progress tracking
- Tips and advice on how to integrate fitness into your daily life for long-term success
- Priority scheduling and support

Assisted Stretching Package

STARTING
FROM/

\$299

- 6 Assisted Stretching Sessions
- Customized stretching routines tailored to your needs
- Digital stretching routines to your needs for 4 weeks
- Bonus: One-time Nutrition Consultation to optimize your diet for flexibility and recovery

Nutrition Package

STARTING
FROM/

\$399

- One-time Nutrition Consultation
- Detailed dietary assessment
- 3 follow-up consultations & 2 Stretching Sessions
- Guidance on meal timing, portion sizes, and nutrient balance
- **Meal Planning Session:** Create 2 week's worth of meal plans, including recipes and grocery lists
- **Supplement Recommendations:** Advice on supplements to support your health and fitness journey



READY TO TRANSFORM YOUR LIFE WITH

CORRECTIVE EXERCISES?

If you're eager to improve your lifestyle with personalized corrective exercises and wellness plans, let's dive in!

Fill out the project inquiry form at



If you're still in the exploration phase or have more questions, no worries at all.



Send any questions you have at:

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