

## **Personal Training (I AM ETERNALLY FIT) IAEF**

### **Single Services:**

Healing women's body, mind & spirit too so they can walk in their purpose and destiny.

**Major Services:** One on One Training, Group Classes & Juices

**One on One Personal Training per Session:** \$75.00

**Group Classes 2 per session:** \$75.00

### **Personal Training (I AM ETERNALLY FIT) IAEF Package:**

**Emerald: A \$250.00 weekly B biweekly \$500.00= \$1000 per month**

- Join IAEF Community
- 4 Hybrid Fitness Classes
- 2 Jar Juice/Smoothies each week
- 4 meal prep dishes
- Customized meal plan
- Workout plan
- One on One training 5 x a week

**NO REFUNDS NO CANCELLATIONS:** In Case of 24-48 hrs emergencies

**Ruby: A \$200 weekly B biweekly \$400.00 = \$800 per month**

- Join IAEF Community
- 3 Hybrid Group Fitness Classes
- 1 Jar Juice/Smoothies each week
- 3 meal prep dishes
- Customized meal plan
- One on One training 4 x a week

**NO REFUNDS NO CANCELLATIONS:** In Case of 24- 48 hrs emergencies

**Diamond: A \$175 weekly B biweekly \$350.00 = \$175.00**

- Join (IAEF) Community
- 2 Hybrid Group Fitness Classes
- Customized meal plan
- Meal Prep Dishes
- One on One training 3 x a week

**NO REFUNDS NO CANCELLATIONS:** In Case of 24- 48 hrs emergencies

**Pearl:** \$650 1 year annually

- Join (IAEF) Community
- 1 Hybrid Group Fitness Classes
- One on One training 2x per week

**NO REFUNDS NO CANCELLATIONS:** In Case of 24- 48 hrs emergencies

**Juice Package:** I Am Eternally Fit (IAEF)

**One size Juices:** \$10.00 per Juice Take pictures of Juices

**1.) Pure & Fruity 2.) Holy Green 3.) Passionate Red** -\$6Peach:1 peach

-\$1.9Ginger:half ½ -\$5 Boiled Raw Beets: 2p

-Ginger: half ½ p -\$5Lemon: half ½ -\$2Raw Carrots:2p -Lemon: half ½

-\$1Cucumber: half ½ -\$0.97Water:2 cp -Raw Turmeric:½ - \$2Celery:half ½ -\$4

Passion Blended Fruits:½ -\$9Watermelon:6p -\$0.97Water: -Ginger: half ½ p

-\$3Grapefruit:½ p - \$3 Pineapple: half ½ cup

-\$5Oranges:1p -\$4 Mexican Guava:2p

-\$5Oranges:1p

-Water: 2 cups of water

-Carrots:2 p

#### **4.) Super Greens**

-Green Tea: ½ cup

-Ginger: ½ p

-Lemon: ½ p

-Spinach: ½

-Oranges: 1p

-Kale: 2p

-Pineapple: ½ p

-Water: 2 cups of water

-Apple: 1p

-Celery: 2p

#### **Add Ons:**

-Celery: ½ p

-Ginger: ½ p

-Coconut Water: 1 cp

-Seamoss: 2 tablespoon

-Lemon: ½ p

-Spinach: ½ p

-Kale: ½ p

-Apple:1 apple

-Pineapple: ½ cup

-Oranges: ½ cup

-Green Tea:1 cup

-Mexican Guava:½ p

-Beets:½ p

-Carrots:1p

-Cucumber:½ p

-\$4Peyann Pepper: pitch

-Turmeric:½ p

-Passion Blended Fruits:½ cup

-Watermelon:4p

-\$1.99Mango:½ p

-Peach:1p

-\$4 Passion Fruit:½ p

-\$5 Israel Orange:½ p

-\$5GrapeFruit:½ p

- Cases Water \$3.47