

## Subscription Plans

### **1-Month Plan (Nutrition + Training): 11,999 INR**

- 15 one-on-one personal training sessions
- Nutrition and counselling session
- Meal follow-ups
- Weekly progress report
- **Ideal for those looking for a short-term commitment to kickstart their fitness journey**

### **2-Month Plan (Nutrition + Training): 21,999 INR**

- 30 one-on-one personal training sessions
- Nutrition and counselling session
- Meal follow-ups
- Weekly progress report
- **Save 2,000 INR compared to two 1-month plans**
- **Additional Benefit:** Enjoy a more sustained and effective fitness routine with a longer commitment

**Instalment Option:** 10,999 INR + 10,999 INR

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### **2-Month Plan (Only Personal Training): 15,999 INR**

- 24 one-on-one personal training sessions
- Weekly progress report
- **Save 8,000 INR compared to the two 1-month (nutrition + training) plan**
- **Additional Benefit:** Focus solely on personal training and continuous progress tracking

**Instalment Option:** 7,999 INR + 7,999 INR

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### **Additional Benefits of the 2-Month Plans:**

- **Consistency:** More time to establish a consistent routine and see significant results.
  - **Motivation:** Regular check-ins and progress tracking keep you motivated and on track.
  - **Support:** Ongoing support from your personal trainer to adjust your program as needed for maximum effectiveness.
  - **Accountability:** Extended commitment ensures you stay accountable to your fitness goals.
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### **Why Choose a Longer Plan?**

- **Better Value:** The longer plans offer substantial savings, making them more cost-effective in the long run.
- **Enhanced Results:** Longer commitment leads to better, more sustainable results.
- **Flexibility:** Flexible payment options make it easier to commit to a healthier lifestyle without financial strain.

Contact me today to choose the plan that best fits your needs and start your personalized fitness journey!