



Pricelist

Single session online:

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|---------|---------|----------|
| 45 min | 1hour | 1 ½ hour |
| 50 Euro | 60 Euro | 85 Euro |

Group session online:

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|-----------------------------------|----------------------------------|--|
| 1hour double session (2ppl) | 1hour group session (3ppl) | 1hour group session (4ppl or more) |
| 35 Euro per person | 25 Euro per person | 20 Euro per person |

Single session at home:

(in Setubal and Lisbon area only)

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|---------|----------|
| 1h | 1 ½ hour |
| 90 Euro | 120 Euro |

Group session at home:

(in Setubal and Lisbon area only)

| | | |
|-----------------------------------|------------------------------------|--|
| 1hour double session (2ppl) | 1 hour group session (3 ppl) | 1 hour group session (4 ppl or more) |
| 50 Euro per person | 35 Euro per person | 30 Euro per person |



Personal programs

Personal exercise and weight loss programs:

A program for fitness and dietary advice costs **350 Euro**,

Nutrition program:

A Nutrition program cost **250 Euro**

All programs include:

- First meeting to gain insights of the clients goals
- Based on the first meeting the individual program is created
- A folder that includes all the information the person needs to reach their desired goal
- A follow up session to explain the details of the program and how it should be followed to be as effective as possible

Personal exercise program special discount:

If someone is interested in frequent personal training sessions (frequent would be a commitment for at least 3 months, and to meet at least once a week) the program is free of charge.

If the commitment is shorter than 3 months the program will be charged. Depending on the amount of sessions, I will give a discount.

Exercising with Kristina

First meeting without a personal program:

The first meeting for frequent Personal Training is to get to know each other, answering questionnaires, explaining about the process of creating an effective program and evaluating the fitness level. The whole assessment meeting can take 1.5 - 2 hours, but it is charged as a 1 hour session.



Types of sessions:

Frequent Personal Training - Weekly bases, depends on each person

Learning sessions - For people who want to train by themselves and want to know how (using a program if requested)

Stretching and alignment sessions - For people who want to improve their alignment, core and/or flexibility

Yoga - Sessions on a weekly bases, or the creation of a sequence that can followed on your own

Nutrition - Can be a single session for those who seek advice or over a longer period with a program and follow up sessions

Cancellation policy

Cancellations should be done 24h prior to a booked session. If a cancellation is done less than 24 hours prior to a booked session, the session will be charged.