

FITNESS PROGRAM

Personal Coaching

6-Week Program	\$230.00
12-Week Program	\$460.00


Parent Child Coaching

6-Week Program	\$300.00
12-Week Program	\$600.00

Small Group Classes

Up to 5 children	\$60.00 per class
6 to 15 children	\$100.00 per class
16 or more children	\$130.00 per class



A white chef's hat is the central focus, with a wooden rolling pin, a metal whisk, and a metal measuring cup arranged around its base. The rolling pin is on the left, the whisk is in the middle, and the measuring cup is on the right. The background is plain white.

Mom's Weekly Helper

Personal Cooking Session

Cost: \$35 per person

Age: 7 to 15 years old

Time: 1 ½ hour (\$5 for every additional 30 mins)

Mom's Weekly Helper

HAPPY
BIRTHDAY!



Guests: up to 6 children

Cost: \$150 (\$5 for each additional child)

Time: 1 ½ hour (\$10 for each additional 30 mins)