

SERVICE GUIDE

ANNALISE FITNESS

[HTTPS://WWW.ANNALISEFITNESS.COM/](https://www.annalisefitness.com/)

Thank you for your interest in working together. My coaching is designed to provide you with structure, accountability, and clarity while building a body and routine that aligns with your goals and lifestyle. This is not a template program. It is a personalized coaching experience built around you.

Pricing

unless discussed alternative pricing

This includes full program design, bi-weekly coaching calls, 24/7 messaging access, and ongoing adjustments to ensure your progress continues safely and effectively.

\$499 USD
monthly

Overview of Services

What is included with this package/price

Personalized Training Programs

You will receive a fully customized weekly training program designed specifically around your goals, available equipment, schedule, and experience level. Whether you train in a commercial gym, private studio, or at home, your program will reflect your environment and time availability.

Each phase of training is structured with progression in mind. Programs are typically updated every six to eight weeks to ensure continued results and prevent plateaus. Adjustments can be made at any time if your goals change, if you experience discomfort or injury, or if certain movements do not feel aligned with you. Your training should feel challenging, purposeful, and sustainable.

Bi Weekly Coaching Calls

Every two weeks, we will meet for a one on one coaching call. During these sessions we will;

- Review your performance and progress
- Refine your form and technique
- Make necessary program adjustments
- Address challenges or questions
- Cover a short educational lesson related to training, recovery, or fitness fundamentals

These mini lessons are designed to deepen your understanding of what you are doing and why. My goal is not just to guide you, but to help you build confidence and independence in your training long term.

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24/7 Messaging Access

You will have ongoing support between calls through direct messaging access. This allows you to ask questions about exercises, send form videos, discuss adjustments, or receive guidance when needed. You are never left guessing or unsure of what to do next.

EVRFIT App Support

All programming is delivered through the EVRFIT app. Inside the app you will have access to;

- Your customized workouts
- Exercise demonstrations
- Tracking for sets, reps, and weights
- Progress monitoring
- Communication access

During your consultation, which is booked through my website, we will walk through how the app works and how to use it effectively so you feel fully confident navigating your program.

Nutrition Guidance

Alongside your training, I provide practical nutrition guidance to support your results. While I do not offer strict or highly detailed meal plans, I help you build balanced habits that support strength, recovery, and physique goals. The focus is on sustainable structure rather than restriction, creating an approach you can realistically maintain.

My Commitment To You

This coaching experience is structured, supportive, and adaptable. Your program evolves as you evolve. If your goals shift, your lifestyle changes, or you encounter challenges, we adjust accordingly. If you are ready to commit to structured training, ongoing accountability, and a coaching relationship built on clarity and support, I would love to work with you. Your consultation can be booked directly through my website to get started.

