



# SMALL GROUP TRAINING MEMBERSHIPS

- Average 12 Workouts
- Monthly Body Analysis
- Monthly Body Chart
- Group Chat Nutrition Coaching & Support



**MONTHLY**  
\$275/month

Minimum of 3-month commitment  
No contract  
30-day notice for cancellation

#### INCLUDES

- ✓ Average of 12 workouts per month
- ✓ Monthly Body Analysis & Charts
- ✓ Group Chat Nutrition Coaching & Support

\*Biweekly Recurring payment of \$137.50  
Roughly on the on 1st & 15th



**6 MONTHS**  
~~\$1,6500~~  
\$1,400

(15% discount, a total savings of \$250)

#### INCLUDES

- ✓ Average of 12 workouts per month
- ✓ Monthly Body Analysis & Charts
- ✓ Group Chat Nutrition Coaching & Support
- ✓ + One (30-minute) Private Consultation With Selina Per Month To Evaluate Your Goals

\*This is a membership to be paid in full  
at time of sign-up



**12 MONTHS**  
~~\$3,300~~  
\$2,475

(25% discount, a total savings of \$825)

#### INCLUDES

- ✓ Average of 12 workouts per month
- ✓ Monthly Body Analysis & Charts
- ✓ Group Chat Nutrition Coaching & Support
- ✓ + One (30-minute) Private Nutrition Consultation With Selina Per Month To Discuss And Strategize Reaching Your Fitness Goals
- ✓ + Customized take-home workout program & fitness tips by Selina

\*No refunds once services have been paid for.

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[www.LIFTbySelina.com](http://www.LIFTbySelina.com)