

# TrainWithJess.com

## JESSICA MILLIGAN

Jessica has been training clients of all fitness levels and goals for over 16 years. Regardless of where you need help the most, Jessica *will* accomplish it with YOU! Get her all-inclusive training packages to include:

## STRENGTH TRAINING

## NUTRITION AND MEAL PLANNING

## PHONE CONSULTING

## TRAIN WITH JESS

### ONLINE

Did you miss a workout with Jess? Make it up later in the comfort of your own home/office. In real-time and designed specifically for you!

## TRAIN WITH JESS AT HOME

Don't have time to make it to the gym, it can't get any easier than this!

## EAT CLEAN WITH JESS

Lets clean out that pantry and grocery shop for quality foods for your body to burn that stubborn fat!



- National Academy of Sports Medicine, Certified Personal Trainer

- Fitness & Sports Nutrition Specialist with the National Academy of Fitness and Sports Nutrition

- Certified Pilates Reformer Instructor through PowerHouse Pilates

- CPR/AED Certified

- National Academy of Sports Medicine insured Fitness Professional

### 1 hour sessions

Train once per week	\$1056
Train twice per week	\$1020 (save \$36)
Train three times per week	\$960 (save \$96)

### 30 minute sessions

Train once per week	\$816
Train twice per week	\$780 (save \$36)
Train three times per week	\$720 (save \$96)

### Group Training Sessions (1 hour)

Train once per week	\$780
Train twice per week	\$720 (save \$72)
Train three times per week	\$660 (save \$132)

\* Sold in packages of 12 sessions

\* Home Training add \$25 per session

\* All packages carry a 90-day expiration date

- **PayPal**, e-check, cash, and checks accepted
- Monthly discounts available, please ask!



## Jessica Milligan

National Academy of Sports Medicine,  
Certified Personal Trainer  
Certified Pilates Reformer Instructor  
Certified Fitness and Sports Nutritionist  
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