



COACH KELLY

ONLINE COACHING

Meet your Coach

Hi! Coach Kelly here. I am a qualified personal trainer based in Cape Town and have been working in the industry since 2017. Since then, I've worked with hundreds of clients and gained further knowledge and skills in health expertise. I help my clients achieve their goals with a balanced approach, no crash diets or ridiculous training routines. We work together to create a sustainable and enjoyable experience.

I'd love to have you on the team!

MY APP EXPERIENCE

- Create your profile & set your goals with me
- Detailed workout & daily habits tracking to maximise your results
- Weekly check ins & a "coach call" upon request whenever you need!

COACHED BY KELLY

With the features my app offers, it's quite literally like having me in your pocket!

As your coach, I will create your programs and nutrition guides. You will have access to these and can track your progress on the app. Once completed, all your data recorded comes to me & I can keep track of you. Hello accountability!

- Demonstration videos are attached to each exercise prescribed, eliminating the guesswork & internet searching.
- Nutrition guides are calculated & designed to your individual requirements, goals & preferences.
- Tracking these programs & completing your check-ins will give me accurate insight into how to move forward with you & give you the best possible results.

SPECIALISING IN

- Lifestyle Coaching
- Weight Loss/Fat Loss
- Muscle Gain
- Strength Gain

PRICING

MONTHLY BASIS

= R1350

3 MONTH PROGRAM

= R3500

- All packages include access to My App, workout & nutrition tracking, check-ins etc.
- Payments are made in full (e.g., a 3-month package payment is not paid off in instalments).
- You may stay on these packages for however long you please, 1 calendar months notice is required when wanting to terminate your subscription.



coachkelly.co.za



Coaching@coachkelly.co.za