

HEALTH AND FITNESS COACHING AND CONSULTING

with Jena Case

We are here to help you on your journey to a healthier lifestyle. The options are endless on what we provide.



“It’s not about perfect. It’s about effort and when you bring that effort every single day, that’s where transformation happens, that’s how change occurs.”

- Jillian Michaels

CHALLENGE GROUP MEETINGS,
WEIGH-INS, & MEASUREMENTS

NUTRITIONAL REPLACEMENT

GROCERY SHOPPING & FOOD PREP

1-ON-1 SUPPORT, BY APPOINTMENT

AND WE OFFER SO MUCH MORE!

PRICE LIST

1 hour per visit

\$30 initial consultation

\$25 = 1 consultation per month

\$45 = 2 consultations per month

\$75 = 4 consultations per month

\$100 = unlimited consultations per month

Shakeology Clients

\$50 unlimited mini-consultations per month

\$75 1-time prepping sessions

Baggies and plastic bins supplied. Includes home visit and lessons on successfully preparing food for the entire week.

GET IN TOUCH

Moms on a Mission to End the Trend

Located Upstairs in The HAYC3 Armory
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