

GRAY

TRAINING

PRICING & PACKAGES

1:1 PERSONAL TRAINING

1 x week 4 weeks	\$360
2 x week 4 weeks	\$640
3 x week 4 weeks	\$840

SMALL GROUP TRAINING

1 x week 4 weeks	\$200
2 x week 4 weeks	\$360
3 x week 4 weeks	\$480

1:1 ONLINE TRAINING

4 x week 4 weeks	\$240
4 x week 8 weeks	\$400
4 x week 12 weeks	\$480

[12 Week Fundamentals](#). This signature program will help you build strength from home, take you through the fundamentals, and introduce you to our online community for accountability and support. **\$120**

WHAT TO EXPECT

Every session is built to adapt to your body and lifestyle. You won't be thrown into workouts you're not ready for or left repeating movements you've already mastered. Each plan is customized for you with endless modifications and progressions available. Expect clear communication and a focus on quality over quantity. Each session will push you to your limits and remind you what you're capable of. We aren't just working out here, we're committing to being better than we were yesterday. Let's set some goals, find your why, and change your life.

TRAINER COMMUNICATION

During training sessions, you'll get concise feedback to keep you motivated and informed. Outside of session times, you'll receive trainer support via call or text. Please reach out if you need clarification, modification, or just a pep talk, that's what I'm here for. All clients also gain access to our client-only group chat for community support, whether you're in studio or at home.

JOIN THE TEAM

Complete the intake forms below to get started:

[PAR-Q](#)

[Liability Waiver](#)

[Lifestyle & Training History](#)

App Access: [Apple App Store](#) | [Google Play Store](#)

Instagram: [@graytraining](#)

Website: [www.graytrains.com](#) | Email: [kaya@graytrains.com](#)

POLICIES

All sessions are billed monthly, non-refundable, and cannot be rescheduled once confirmed. This helps keep your progress consistent and scheduling predictable. Your time block stays reserved for you.

Additional sessions may be purchased at a reduced rate of \$35 per session
*must be enrolled in current plan already utilizing 3 sessions a week. This allows you to expand your training up to 5 times a week.

REFER A FRIEND

Bring a buddy to your first three workouts! Whether it's a cousin or a coworker, extra accountability and a familiar face can make getting started more comfortable and fun. As your coach, my goal is to help you integrate fitness into your daily life, so you can keep making progress long after our time together. Bring your people along and receive 10% off your next month if they sign up.



MEET YOUR TRAINER

KAYA GRAY

NASM Certified Personal Trainer

NASM Corrective Exercise Specialist

NASM Certified Nutrition Coach

BS | College of Charleston



I've been training clients since 2016, but my journey with chronic pain started in 2007 when I underwent a spinal fusion. I was a very active kid, but by age 11, my days of carefree movement were over. It wasn't until I found strength training that I realized I could take control of my pain instead of working around it. Once I saw what intentional movement could do for me, I knew I had to help others fall in love it too. This is when I discovered the world of personal training and I haven't looked back since. It wasn't all smooth sailing in the industry though. I spent years training in gyms where the culture pushed intensity over intention. In that time, I saw many clients suffer silently, afraid to be the squeaky wheel. It didn't take long for me to realize I was not in the right place to properly serve people. If a leg day is only firing up your lower back, it's the programming, not you. My own training method focuses heavily on slowing things down, dialing in technique, and implementing progressions in a controlled manner. As a Corrective Exercise Specialist, I work from the ground up to ensure your foundation is solid before we layer on load. If you want to lift heavy and move with ease, start today. Pain can trap us in a loop of clenching and compensations, but we can break the cycle. This isn't black and white.

It's Gray Training.