

Outdoor Coaching — Summer Sessions

45-minute sessions · Limited availability

High-impact outdoor training designed to build strength, conditioning, and consistency—without relying on a gym.

What you get

1. 1-to-1 coaching sessions (45 minutes)
2. Structured bodyweight / minimal-equipment workouts
3. Scalable intensity for all fitness levels
4. Conditioning and strength-focused training
5. Flexible outdoor locations

What this means

1. Efficient, focused sessions that fit into your schedule
2. Improved fitness without needing a gym environment
3. Consistent progress through structured programming
4. A simple, low-barrier way to stay active during summer

Best for

1. Clients who prefer training outdoors
2. Busy schedules needing shorter, effective sessions
3. Those looking for a flexible way to stay consistent

Additional

1. Flexible setup — suitable for parents (strollers and children welcome)