



With TrainWithMe, you can say goodbye to generic pre-planned fitness plans, and hello to Mara, who will use her knowledge and expertise to personalize an online fitness program designed specifically for you. She'll take the burden of planning, managing, and implementing your fitness plan off you so you can more effectively achieve your goals. It's unique, specialized training that you won't get from other workout apps, gyms, in-person trainers!

- ★ All Montefiore plans kick off with an online, Zoom fitness assessment with Mara.
- ★ All plans include a monthly Zoom assessment with Mara.
- ★ Zoom assessments are an opportunity for Mara to learn about your goals, pains points, and preferences so that she can create the right plan for you.
- ★ All plans are discounted 25% off of regular TrainWithMe plan prices for Montefiore associates.
- ★ Regular communication, accountability, live corrective-exercise analysis, on-the-fly program adjustments based on how you feel on a daily basis, and more with the Stepping It Up Plan and above.

[CLICK HERE](#) to get started!



## Get Off The Couch Plan

\$50/Month

The same services would cost approximately \$125/month with an in-person trainer, and Mara will spend one hour/month working with you and your plan.

**Customized workouts** delivered on the schedule you choose designed to help you get off the couch and get back into a fitness routine! Your workouts will focus on your goals. A monthly message from Mara explains what's coming up and how your workouts are changing to support your progress.

**A monthly, 15-minute Zoom call** to address pain relief, discuss any concerns, and make sure you always feel connected to Mara.



## Stepping It Up Plan

\$100/Month

The same services would cost approximately \$250/month with an in-person trainer, and Mara will spend 2 hours/month working with you and your plan.

**Customized workouts** delivered on the schedule you choose designed to help you move forward with your goals and make lasting changes.

**Regular support messages** from Mara, to help keep you moving whether you need a pat on the back for a job well done, or some encouragement when you're not as active.

**Voice messages** every other week from Mara explaining what's coming up and how your workouts are changing to support your progress.

**A monthly, 15-minute Zoom call** to address pain relief, discuss any concerns, and make sure you always feel connected to Mara.



## Getting Serious Plan

\$150/Month

The same services would cost approximately \$375/month with an in-person trainer, and Mara will spend 3 hours/month working with you and your plan.

**Custom-built workouts** delivered on the schedule that works best for you, designed specifically for your level of fitness and exercise preferences.

**Weekly voice messages** from Mara so you're always feeling in-touch and aligned in your fitness plans.

**Priority response time.** When you send messages and workout feedback, Mara will be back with you fast!

**Adaptive fitness plans.** Your workouts will change every other week, based on your progress, so you can feel confident that you'll achieve your goals.

**Messages about your plan adjustments,** delivered as your workouts change, so you always understand how your new workouts support your goals.

**Monthly Zoom fitness assessments** to address pain relief, discuss any concerns, provide live corrective- exercise analysis, re-evaluate your goals, and make sure you maintain a great working relationship with Mara.

*Additional Premium Plans also available!*  
For more information email  
[mara@trainwithmeapp.com](mailto:mara@trainwithmeapp.com)