



ONE-ON-ONE, PARTNER & TRIO COACHING

Personal & Adult Fitness Training

50-minute coached sessions, built around your goals, fitness level, and schedule. Train solo, with a partner, or as a trio — same individualized programming, scaled to group size.

Master's-trained Strength & Conditioning Coach with pro-level experience. MS, CSCS, RSCC · current Cincinnati Reds MiLB organization · former Director of Health & Wellness, Missoula Family YMCA · personal trainer since 2014.

Personal Training
1 PERSON · 50 MIN

4-PACK
\$100/sess
Total: **\$400** · 90-day exp.

8-PACK
\$90/sess
Total: **\$720** · 120-day exp.

12-PACK
\$85/sess
Total: **\$1,020** · 180-day exp.

Pack expirations: 90 / 120 / 180 days (4 / 8 / 12-pack).

Partner Training
2 PEOPLE · 50 MIN

4-PACK
\$140/sess
\$70/person · Total: **\$560**

8-PACK
\$130/sess
\$65/person · Total: **\$1,040**

12-PACK
\$120/sess
\$60/person · Total: **\$1,440**

Bring a friend — share the cost. Pack expirations: 90 / 120 / 180 days (4 / 8 / 12-pack).

Trio Training
3 PEOPLE · 50 MIN

4-PACK
\$180/sess
\$60/person · Total: **\$720**

8-PACK
\$165/sess
\$55/person · Total: **\$1,320**

12-PACK
\$150/sess
\$50/person · Total: **\$1,800**

Group of three at the best per-person rate. Pack expirations: 90 / 120 / 180 days (4 / 8 / 12-pack).

ONLINE COACHING
Virtual Training

Custom programming delivered via the Missoula High Performance Application. Video reviews, bi-weekly check-ins, and full exercise library. Same coaching — from anywhere.

\$50/mo

Hybrid Coaching — add the MHP App to any pack.
Train with us once a week and follow your custom program the rest. Includes app-based programming, video reviews, exercise library, and bi-weekly check-ins.

+\$40/mo

Free consultation. Find the right program for you, your partner, or your family.

GET IN TOUCH

253-686-0881

BMickelson@gmail.com

[YOUR WEBSITE]



What's Included & How It Works

Whether you're training solo, with a partner, or as a trio — every session follows the same MHP framework: assess, program, coach, retest.

<p>1</p> <p>Free Consultation</p> <p>Meet your coach, walk the floor, talk goals and history. No commitment.</p>	<p>2</p> <p>Movement Screen</p> <p>Baseline movement assessment + strength benchmarks. What to prioritize and what to protect.</p>	<p>3</p> <p>Custom Program</p> <p>Programming built around your needs analysis, goals, and schedule — not a template.</p>	<p>4</p> <p>Coached Training</p> <p>Show up — we run the session. Periodic re-tests every 6–8 weeks to track progress.</p>
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WHAT'S INCLUDED

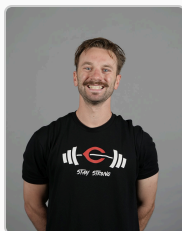
- Individualized programming, scaled by client
- Movement screen + baseline benchmarks
- Periodic re-tests & progress check-ins
- Full facility & equipment access
- Coach-led warm-up, lifts, conditioning, cool-down
- Recovery tools (sled, sauna, mobility area)

PACK EXPIRATIONS & ADD-ONS

4-pack expiration	90 days
8-pack expiration	120 days
12-pack expiration	180 days
Session length (all tiers)	50 min
Virtual Training (standalone)	\$50/mo
Hybrid (any pack + app)	+\$40/mo

FREEZE & CANCELLATION

Injury/illness freeze (w/ documentation)	30 days
Refund notice (unused sessions, prorated)	7 days
Session no-show / cancellation	24 hrs
Partner/Trio schedule coordination	Included
Unused sessions roll into new pack	Yes



Brennan Mickelson
MS, CSCS, RSCC

Cincinnati Reds — MiLB Strength & Conditioning Coach
NSCA — Montana State Director

Previously: Director of Health & Wellness, Missoula Family YMCA (2024–2025)

MS in Exercise Science, University of Montana. Strength & Conditioning Coach in the Cincinnati Reds organization. Former Director of Health & Wellness at the Missoula Family YMCA. Personal trainer since 2014, coaching adults from beginner to advanced — including weight loss, longevity, strength, and post-rehab work.

Certifications: NSCA-CSCS · NSCA-RSCC · TPI Level I + Medical Level II · FMS Level I + II · Multi-Directional Speed Instructor · CPR / First Aid