

SHOMARI ALI
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BACHELORS OF PSYCHOLOGY '26
ACE CERTIFIED PERSONAL TRAINER
PRECISION NUTRITION CERTIFIED COACH
ACE FUNCTIONAL MOVEMENT SPECIALIST
ACE BEHAVIOR CHANGE SPECIALIST
STRENGTH & BODY RECOMPOSITION EXPERT

COACHING MEMBERSHIP 1

- 1 Weekly On Site Private Training Session
- Nutrition & Habit Coaching
- 3 Month Minimum Commitment / 30 Day Cancel Notice

\$199 /
every 4 weeks

COACHING MEMBERSHIP 2

- 2 Weekly On Site Private Training Session
- Nutrition & Habit Coaching
- 3 Month Minimum Commitment / 30 Day Cancel Notice

\$349 /
every 4 weeks

COACHING MEMBERSHIP 3

- 3 Weekly On Site Private Training Session
- Nutrition & Habit Coaching
- 3 Month Minimum Commitment / 30 Day Cancel Notice

\$499 /
every 4 weeks



501 H STREET NE
WASHINGTON DC

3325 GEORGIA AVE NW
WASHINGTON DC

**STUDIO SEVEN
WELLNESS
GROUP**



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ONLINE COACHING MEMBERSHIP 1

- Custom tailored programming with a weekly touch base call
- Nutrition & Habit Coaching
- 3 Month Minimum Commitment / 30 Day Cancel Notice

\$149 /
every 4 weeks

ONLINE COACHING MEMBERSHIP 2

- Custom tailored programming with a weekly touch base call
- 2 Weekly Online Private Training Session
- Nutrition & Habit Coaching
- 3 Month Minimum Commitment / 30 Day Cancel Notice

\$299 /
every 4 weeks

ONLINE COACHING MEMBERSHIP 3

- Custom tailored programming with a weekly touch base call
- 3 Weekly Online Private Training Session
- Nutrition & Habit Coaching
- 3 Month Minimum Commitment / 30 Day Cancel Notice

\$399 /
every 4 weeks



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