

tatiana

KOVAL

*in-person*  
*personal training*

**\$100**  
*1-hour session*

I train out of Birdrock Fit in La Jolla, California. Birdrock is a state of the art private training facility located two blocks from Windansea Beach. As a private gym, there are no memberships available, all clients there are training one on one or in small groups. Please email [tonewithtati@gmail.com](mailto:tonewithtati@gmail.com) for more info.

In person training is amazing for you if;

- you are new to working out and need form corrections and exercise/equipment set up
- you have been working out for a while and don't see the results you believe you deserve
- you are recovering from an injury and want to experiment with what your body can do as it recovers
- you have the time availability and financial resources and want to boost your energy and serotonin levels, experience a great workout, and become the most fit version of yourself

Rate \$100/1 hour session, or varying depending on group size.