



Coaching Memberships

Coach Ugochi | Fit My Life
hello@coachugochi.com

Hi, I'm Ugochi, your strength and habit coach with over 16 years of experience supporting you as you move, feel and live better.

I blend science, psychology and soul into everything I do. With a B.A. in Psychology and an M.S. in Exercise Science & Sport Psychology, I specialize in strength training, corrective exercise and long-term habit transformation.

My approach bridges the physical, mental, emotional and spiritual bodies: because it's not just about building muscle; it's about building confidence, alignment and ease in your everyday life.

I'm here to guide and support you as you reconnect with your strength, balance and inner alignment from the inside out.

With Love & Gratitude,

Coach Ugochi

Membership Options

Session Type	Frequency	Monthly Investment
40-Minute Session	1x/week	\$393/month
40-Minute Session	2x/week	\$777/month
60-Minute Session	1x/week	\$565/month
60-Minute Session	2x/week	\$1,111/month

Membership Details

- Monthly subscription model; billed automatically each month.
- Cancel anytime. A 30-day notice is recommended and appreciated.
- One-month rollover allowance for unused sessions.
- Sessions are 40 or 60 minutes each, depending on your selected plan.
- All sessions are personalized and designed to align strength, mobility, and well-being.