

Pricing Guide

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Service Tracks

Every track starts with a quick intake questionnaire and a 30-minute Initial Intake Appointment — no pitch, no pressure. From there, most tracks offer a discounted intro rate for your first few sessions before moving to standard pricing.

Track	What It Is	Session Length	Best For
Online Coaching (Google Meet)	Live coached session over video call — remote only, real-time cueing and load adjustment	30 or 60 min	Remote clients who want live 1-on-1 coaching without an in-person option
Hybrid Calisthenics Beginner	Bodyweight strength training, no experience required	30 or 60 min	Complete beginners building a strength foundation
Hybrid Calisthenics Intermediate	Loaded/weighted hybrid calisthenics progressions	30 or 60 min	Beginner graduates ready for added load
Hybrid Calisthenics Advanced	Periodized skill work — front lever, impossible dip, EPUS	30 or 60 min	Intermediate graduates ready for skill training
Specialty 1-on-1	Live coached session, real-time cueing and load adjustment — in-person or virtual	30 or 60 min	Hands-on correction, training goals outside Hybrid Calisthenics
Assisted Stretch Add-On	PNF/PIR-MET manual technique, standalone or paired with another track	30 min	Mobility or range-of-motion restrictions
Nutrition Guidance Add-On	Dedicated 1:1 nutrition consultation, standalone or paired with another track	30 min	Clients wanting a deeper nutrition conversation

Per-Session Pricing

"Intro" pricing applies to your first 4 paid sessions on a track (where offered); "Standard" or "Flat" is ongoing pricing after that.

Track	Length	Intro Rate	Standard / Flat Rate	Notes
Online Coaching (Google Meet)	30 min	\$30	\$50	Same rate as Specialty 1-on-1
Online Coaching (Google Meet)	60 min	\$50	\$80	Same rate as Specialty 1-on-1
Hybrid Calisthenics Beginner	30 min	\$20	\$40	—
Hybrid Calisthenics Beginner	60 min	\$40	\$75	—
Hybrid Calisthenics Intermediate	30 min	—	\$50 (flat)	Beginner graduates only
Hybrid Calisthenics Intermediate	60 min	—	\$100 (flat)	Beginner graduates only
Hybrid Calisthenics Advanced	30 min	—	\$60 (flat)	Intermediate graduates only
Hybrid Calisthenics Advanced	60 min	—	\$115 (flat)	Intermediate graduates only
Specialty 1-on-1	30 min	\$30	\$50	—
Specialty 1-on-1	60 min	\$50	\$80	—
Assisted Stretch Add-On	30 min	+\$25	\$60	Intro rate: paired with any intro-rate session
Nutrition Guidance Add-On	30 min	+\$25	\$30	Intro rate: paired with any intro-rate session

Package Pricing — Save by Committing Upfront

Packages save roughly 15% versus paying session by session.

Track	Length	4-Pkg, Intro Rate	4-Pkg, Standard Rate	8-Pkg, Standard Rate
Online Coaching (Google Meet)	30 min	\$100 Save \$20	\$170 Save \$30	\$340 Save \$60
Online Coaching (Google Meet)	60 min	\$170 Save \$30	\$270 Save \$50	\$545 Save \$95
Hybrid Calisthenics Beginner	30 min	\$70 Save \$10	\$135 Save \$25	\$270 Save \$50
Hybrid Calisthenics Beginner	60 min	\$135 Save \$25	\$255 Save \$45	\$510 Save \$90
Hybrid Calisthenics Intermediate	30 min	—	\$170 Save \$30	\$340 Save \$60
Hybrid Calisthenics Intermediate	60 min	—	\$340 Save \$60	\$680 Save \$120
Hybrid Calisthenics Advanced	30 min	—	\$205 Save \$35	\$410 Save \$70
Hybrid Calisthenics Advanced	60 min	—	\$390 Save \$70	\$780 Save \$140
Specialty 1-on-1	30 min	\$100 Save \$20	\$170 Save \$30	\$340 Save \$60
Specialty 1-on-1	60 min	\$170 Save \$30	\$270 Save \$50	\$545 Save \$95
Assisted Stretch Add-On	30 min	—	\$205 Save \$35	\$410 Save \$70
Nutrition Guidance Add-On	30 min	—	\$100 Save \$20	\$205 Save \$35

NOTE

Every price above holds regardless of how you book — in-person or virtual, first session or eighth. Your coach will confirm the exact rate that applies to you before any payment is collected.

Ready to get started?

Book your Initial Intake Appointment (30 min): calendly.com/victormanly11/initial-intake-appointment

Payment: Card/online payment link or Zelle, due before your session — packages are always prepaid, and so is every session after your first. (Your very first single session is billed right after, so you can try one before paying.) Online Coaching runs over Google Meet — the link goes out once payment is in.

Victor Manly is not a licensed physician or physical therapist. Services are not medical diagnosis or treatment. All clients obtain physician clearance prior to beginning any exercise program. Pricing subject to change; the rate confirmed at booking applies.