

Pricing Guide

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NEW CLIENT OFFER

Newcomer Bundle — A Sample of Everything ManlyMovement Offers. 4 Hybrid Calisthenics Beginner sessions (30 min) + 4 Hyperice-assisted stretch sessions + 1 nutrition guidance consult — one bundle, every track, first-time pricing. ~~\$195 value~~ **\$150** **Save 23%**

Service Tracks

Every track starts with a quick intake questionnaire and a Free 20-Min Intake Appointment, followed by a one-time \$35 Introductory Assessment & Workout Session — a real mobility and strength assessment that doubles as your first full-body workout, and determines which track and pricing tier fits you. 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
Introductory Assessment & Workout Session	One-time mobility screen + strength assessment that doubles as your first full-body workout. Required before any track is recommended.	60 min only	Every new client, regardless of which track you're interested in
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	Training specialized to your unique fitness goals.	30 or 60 min	Fully custom programming for strength, sport performance, weight loss, or any goal outside the Hybrid Calisthenics curriculum
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
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
Introductory Assessment & Workout Session	60 min	—	\$35 (one-time, flat)	Required first, before any track is recommended
Hybrid Calisthenics Beginner	30 min	\$20	\$40	—
Hybrid Calisthenics Beginner	60 min	\$40	\$75	—
Hybrid Calisthenics Intermediate	30 min	\$25	\$50 (flat)	Beginner graduates, or placed here directly
Hybrid Calisthenics Intermediate	60 min	\$50	\$100 (flat)	Beginner graduates, or placed here directly
Hybrid Calisthenics Advanced	30 min	\$30	\$60 (flat)	Intermediate graduates, or placed here directly
Hybrid Calisthenics Advanced	60 min	\$60	\$115 (flat)	Intermediate graduates, or placed here directly
Specialty 1-on-1	30 min	\$30	\$50	—
Specialty 1-on-1	60 min	\$50	\$80	—
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
Assisted Stretch Add-On	30 min	+\$25	\$30	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
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	\$85 Save \$15	\$170 Save \$30	\$340 Save \$60
Hybrid Calisthenics Intermediate	60 min	\$170 Save \$30	\$340 Save \$60	\$680 Save \$120
Hybrid Calisthenics Advanced	30 min	\$100 Save \$20	\$205 Save \$35	\$410 Save \$70
Hybrid Calisthenics Advanced	60 min	\$205 Save \$35	\$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
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
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.

Hybrid Calisthenics Membership

Three tiers, each a fixed-length commitment that doubles as your skill level: 3-month Beginner, 6-month Intermediate, 12-month Advanced. Billed monthly in USD and auto-ends at the end of your commitment — no surprise renewal, no manual cancellation required. Within your tier, choose 4, 8, 12, or 16 sessions/month, and 30- or 60-minute sessions, whatever fits that month. Prices below are per month.

Tier	Length	4/mo	8/mo	12/mo	16/mo
Beginner 3-month commitment	30 min	\$180	\$335	\$480	\$590
	60 min	\$340	\$640	\$900	\$1,120
Intermediate 6-month commitment	30 min	\$195	\$360	\$520	\$635
	60 min	\$365	\$690	\$970	\$1,210
Advanced 12-month commitment	30 min	\$205	\$385	\$550	\$680
	60 min	\$390	\$735	\$1,035	\$1,290

What's included, by tier:

Tier	Complimentary Assisted Stretch	Nutrition Guidance	Skill-Module Video Library
Beginner	1 session/month	Weekly, included	Beginner modules
Intermediate	2 sessions/month	Weekly, included	Beginner + Intermediate modules
Advanced	3 sessions/month	Weekly, included	Beginner + Intermediate + Advanced modules

NOTE

Not sure which tier fits? A Free 20-Min Intake Appointment is the fastest way to find out. You can also start with the session-by-session or package pricing above and upgrade to membership whenever you're ready — reach out any time to switch tiers or step down.

Ready to get started?

Book your Free 20-Min Intake Appointment (20 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. Memberships bill monthly via card on file.

Victor Manly is not a licensed physician, physical therapist, registered dietitian, or licensed nutrition counselor. Services are not medical diagnosis or treatment. Nutrition guidance is general wellness information for healthy adults, not medical nutrition therapy, and is not a substitute for advice from a physician or registered dietitian. All clients obtain physician clearance prior to beginning any exercise program. Pricing subject to change; the rate confirmed at booking applies.