WELLNESS PROGRAMS FOR SMALL COMPANIES

On Demand Coaching

Corporate wellness built for teams of 10–50 — virtual delivery, transparent pricing, no enterprise minimums.

Every plan. Every employee. No extra charge. 40+ self-paced programs · 12+ meal plans · sleep & recovery content · daily accountability, delivered in-app year-round. Plus 10% off any individually purchased coaching.

PLANS & PRICING

ENTRY

$175/month flat

- One live virtual workshop per quarter
- Full self-paced library, all employees
- 10% employee coaching discount

STANDARD

$250 + $12/employee

- Everything in Entry
- Employer-paid 1:1 virtual coaching pool
- 25-min sessions: fitness, nutrition, stress
- Quarterly participation summary

FULL

$400 + $22/employee

- Everything in Standard
- Larger coaching pool
- Custom app-based training plan
- Quarterly program review + strategy call

Example at 20 employees: Standard $490/mo · Full $840/mo. Month-to-month, 30-day cancellation. 12-month agreement available at 12% off, billed monthly.

ADD-ONS

Wellness program review (one-time)	$1,200
Health fair, coordinated end to end	From $1,500
Additional live workshop	$350 / $500
On-site group fitness class	$250/session

Workshop pricing: $350 virtual · $500 on-site (within 10 miles).

CREDENTIALS

- Master's Degree, Exercise Science
- NCAA-accredited personal training & nutrition certifications
- 12+ years in workplace wellness · 12,000+ employees trained
- Built Fortune 500 wellness programs at a national health insurer
- $1–2M general liability · COI issued same-day

What we won't claim. The largest randomized trial of a workplace wellness program (32,000+ employees, 18 months) found no significant effect on healthcare spending or absenteeism. We don't sell claims savings — we measure participation, coaching utilization, self-reported stress/sleep/activity, and retention signal instead.

Delivered virtually, by design. Coaching, workshops and strategy run remotely — no travel cost, no single on-site day. Employees book on their own schedule. Works identically for in-office, hybrid, and fully remote teams. On-site classes and health fairs are available as scoped add-ons.

Simple terms. Month-to-month billing with 30 days' written notice to cancel — nothing locks your team in. A 12-month agreement is available at 12% off, still billed monthly, same 30-day notice.

Book a 20-minute discovery call to talk through your team and whether one of these plans fits — or whether it doesn't. No prep needed, no pitch deck.

On Demand Coaching
TrainODC.com

BOOK A 20-MINUTE DISCOVERY CALL
408.381.8478 · TrainODC@gmail.com