

# LEXIE RICH PERSONAL TRAINER MENU

## **Red Carpet Ready: Pregnancy/Post-Pregnancy Rebuilding Session**

**Duration:** 1 hour | **Price:** €150

Bounce back to your best self with this customized post-pregnancy recovery session. Inspired by the fitness routines of your favorite stars, this workout helps you rebuild strength, tone problem areas, and enhance flexibility. Whether you're easing back into fitness after childbirth or simply reconnecting with your body, this session will leave you feeling confident, empowered, and ready to take on the world – no matter what stage of motherhood you're in.

## **Platinum Sculpt: Celebrity Fitness Experience**

**Duration:** 1 hour | **Price:** €175

This personalized session is designed to focus on your specific needs and fitness goals. Together, we'll tailor the workout to meet you where your body is, challenging you at a pace that's both effective and achievable. The session is aimed at building a strong, maintainable physique with long-lasting results. We'll incorporate a variety of exercises, equipment, and props to engage different muscle groups, ensuring every workout is dynamic and effective.

## **Wellness Coach Evaluation/Consultation**

**Duration:** 30 minutes | **Price:** €95

This initial consultation is a deep dive into your current wellness state, goals, and challenges. We'll discuss all aspects of your health—including fitness, nutrition, lifestyle, and areas you'd like to improve. As your certified wellness coach, I'll guide you in creating a personalized plan tailored to your unique needs, whether it's developing a fitness routine, optimizing nutrition, managing stress, or balancing hormones. This consultation is the perfect starting point for anyone seeking a holistic approach to their health and well-being.

## **Hollywood Workout: All-in-One Full Body Burn**

**Duration:** 1 hour | **Price:** €175

Step into the world of elite fitness with the Hollywood Workout! This high-energy session combines high-intensity cardio with full-body toning, helping you burn fat and build lean muscle—just like the stars. Whether you're preparing for a red-carpet event or simply want to feel your best, this workout delivers maximum results in minimal time. For added intensity, you can incorporate the rebounder, giving you a fun, dynamic, and energizing workout.

## **Stretch & Flex: Star-Quality Mobility Session**

**Duration:** 30 min / 45 min | **Price:** €95 / €110

Step into the ultimate flexibility experience with the Stretch & Flex session, designed to improve your mobility, enhance recovery, and leave you feeling rejuvenated. This targeted stretching routine combines deep stretches, mobility exercises, and muscle release techniques to help you increase flexibility, reduce tension, and improve posture. Whether you're an athlete, recovering from a workout, or simply need a relaxing reset, this session will have you feeling more aligned, relaxed, and ready to take on the day—just like your favorite stars.



# WELLNESS PACKAGE WITH LEXIE

## **Hollywood Workout: All-in-One Full Body Burn (5 + 1)**

**Price:** €875

Take the first step towards your fitness goals with this exclusive package, which includes five personalized sessions with Lexie. Each session is crafted to meet your unique needs, enhancing both your physical fitness and overall well-being. As a special bonus, you'll receive an additional session at no extra cost, providing you with an extra opportunity to refine your progress and achieve your goals.

## **Hollywood Workout: All-in-One Full Body Burn (10 + 2)**

**Price:** €1,700

Designed for those looking for a more thorough transformation, this package offers ten custom-tailored sessions with Lexie. Whether you're looking to improve strength, flexibility, or overall fitness, each session will focus on your specific needs. As an added bonus, you'll receive two extra sessions for free, ensuring even more opportunities to enhance your results and maintain lasting fitness progress.

## ABOUT LEXIE RICH

Lexie Rich is exclusively joining Mandarin Oriental Bodrum this summer to offer the ultimate 1-on-1 private training experience. Hailing from Scottsdale, Arizona, Lexie discovered her passion for expression through movement at a young age. She trained in a variety of dance styles and performed in numerous productions, fueling her lifelong love for health and wellness.

Lexie's dedication to wellness led her to pursue a diverse range of professional certifications, including in nutrition, sports medicine personal training, Pilates, wellness coaching, and women's fitness specialization. Her growing interest in hormone balancing also informs her unique approach to designing personalized fitness plans that work with your body's natural rhythms.

Driven by her passion to help others reach their full potential, Lexie moved to Hollywood, where she expanded her expertise in a variety of fitness disciplines. From the most exclusive fitness studios to holistic practitioners, Lexie's training was both broad and in-depth, refining her own distinctive style. With over a decade of experience and education, both domestically and internationally, she now offers private and group training that blends expertise with a personalized touch.

In partnership with Mandarin Oriental Bodrum, Lexie brings her exclusive method to the resort, offering custom 1-on-1 private training. This immersive experience allows you to connect with your body in a new way, achieving transformative results while enjoying a journey where passion, intention, and fun come together.

