

20% OFF ONE-ON-ONE PERSONAL TRAINING SERVICES

PACKAGES

PRICES EXCLUDE GST

60 Minute Sessions

Senior Trainer	Price
3 Sessions	\$240 \$192
5 Sessions	\$385 \$308
10 Sessions	\$715 \$572
Program Design	\$150 \$120

Trainer	Price
3 Sessions	\$216 \$172.80
5 Sessions	\$345 \$276
10 Sessions	\$645 \$516
Program Design	\$135 \$108

30 Minute Sessions

Senior Trainer	Price
3 Sessions	\$141 \$112.80
5 Sessions	\$225 \$180
10 Sessions	\$420 \$336

Trainer	Price
3 Sessions	\$127 \$101.60
5 Sessions	\$202 \$161.60
10 Sessions	\$380 \$304