

Personal Training

Participants can choose 1 -5 x per week to train

Payments can be paid in full or in 3 installments. Accept Visa, MC, cheque and cash

All 1 hour training sessions will be customized to each individual.

- All clients who purchase a Personal Training Package will receive **Complimentary:**
- Do it yourself workout (Pictures and Description)
- Accountability Calendar
- Nutrition Guidance
- Weekly Tips, Tricks, Reading Material
- Unlimited emails, phone calls, etc.

| Number of Sessions | Cost |
|--------------------|-----------------|
| 1 Session | \$60.00/session |
| 12 Sessions | \$55.00/session |
| 24 Sessions | \$50.00/session |
| 36 Sessions | \$47.50/session |
| 48 Sessions | \$45.00/session |
| 60 Sessions | \$42.50/session |
| 90 Sessions | \$40.00/session |