

Personal Training Packages

PERSONAL TRAINING PACKAGES	MEMBER	NON-MEMBER
Individual Session	\$50.00	\$60.00
Package of 5	\$230.00	\$280.00
Packages of 10	\$430.00	\$530.00
<i>Larger packages also available</i>	11 + \$40 per session	11 + \$50 per session
30 minute session	\$30.00	\$40.00
Package of 5	\$135.00	\$185.00
Packages of 10	\$240.00	\$340.00
Semi – Private (2 people) – 1 hour	\$35.00 per person	\$40.00 per person
Package of 5	\$160 per person	\$188.00 per person
Packages of 10	\$300.00 per person	\$349.00 per person
Small Group PT min 4 people / max 7 people 5 session minimum	\$27.00 per person \$135 per person for 5 sessions	\$32.00 per person \$160.00 per person for 5 sessions

All prices exclusive of taxes