



Personal Training & Fitness Coaching 2015/16

Fitness Coaching		
Fitness Option 1	Personal Training Ongoing one on one sessions with trainer based on your goals and schedule <i style="color: red;">You will get results!</i>	\$50/1 hour Pay as you go or auto payment
Fitness Option 2	Beginner Skills Training 3 sessions with a trainer providing you with 3 written workouts geared specifically to your goals & fitness experience	\$135.00 (for new members only)
Fitness Option 3	Program Design Have a trainer design a written program just for you. We will create it and educate you on technique for best results and injury prevention	\$65.00
Fitness Option 4	Partner Personal Training Ongoing sessions with trainer and your partner based on your combined goals and schedules <i style="color: red;">You will get motivated!</i>	\$60/1 hour Pay as you go.
Fitness Option 5	Prepaid Personal Training 24 Sessions paid in advance to save!	\$1080.00
Option 6	Small Group Fitness Training 4 to 6 people with a similar focus and goals	\$350.00 6 sessions

- ✓ **HST** applicable to all prices
- ✓ **Cancelling Sessions** booked sessions must be cancelled with 24 hours notice or they will be considered completed
- ✓ **Session are completed at 24/7 NRG Fitness.** If you would like in home training contact us for information.
- ✓ **Trainer.** Your trainer will be assigned based on availability and experience. You will have the same trainer ongoing