









# PERSONAL TRAINING

\$50.85/hr @ clinic	45 min consultation @ clinic only (exceptions can be made) (PTCO)	
\$56.50/hr @ clinic	Exercise in clinic for 1 Hour (PTC)	
\$67.80/hr @ home	Exercise out of home for 1 Hour (PTH)	
<b>PACKAGES</b>		
\$90.40 @ clinic	30 min. Consultation @ clinic 1 hour to set-up a home workout program @ clinic (PT1C)	
\$101.70 @ home	30 min. Consultation @ clinic 1 hour to set-up a home workout program @ home (PT1H)	
\$135.60 @ clinic	30 min. Consultation @ clinic 1 hour to set-up a workout program, then 1 hour to check clients progress @ clinic = 2 hours (PT2C)	
\$158.20 @ home	30 min. Consultation @ clinic 1 hour to set-up a workout program, then 1 hour to check clients progress @ home = 2 hours (PT2H)	
\$214.70 @ clinic	30 min. Consultation @ clinic 2x1hr to set-up and then check 1 <sup>st</sup> home workout program @ clinic; followed by 2x1 hr to set-up 2 <sup>nd</sup> home workout program and make necessary changes @ clinic (PT3C)	
\$259.90 @ home	30 min. Consultation @ clinic 2x1hr to set-up and then check 1 <sup>st</sup> home workout program @ home; followed by 2x1 hr to set-up 2 <sup>nd</sup> home workout program and make necessary changes @ home (PT3H)	
\$644.10 @ clinic	30 min. Consultation @ clinic 2x1 hr workouts per week for a minimum of 6 weeks @ clinic (PT4C)	
\$542.40 @ clinic	2x1 hr workouts per week for an additional 6 weeks @ clinic, (follow up PT4C) (PTAC)	
\$779.70 @ home	30 min. Consultation @ clinic 2x1 hr workouts per week for a minimum of 6 weeks @ home (PT4H)	
\$678.00 @ home	2x1 hr workouts per week for an additional 6 weeks @ home, (follow up PT4H) (PTAH)	
\$847.50 @ clinic	30 min. Consultation @ clinic 3x1 hr workouts per week for a minimum of 6 weeks @ clinic (PT5C)	
\$1050.90 @ home	30 min. Consultation @ clinic 3x1 hr workouts per week for a minimum of 6 weeks @ home (PT5H)	

\* ALL TAXES INCLUDED