

IN-HOME PERSONAL TRAINING SESSION FEES

- Each session is designed to coach you through your individually designed exercise program.
- You are provided with effective warm-up exercises to reduce the risk of injury, proper exercise technique for each specific exercise and effective cool down exercises and stretches for the entire body.
- You are provided with one on one attention as you exercise to ensure that you receive the maximum benefits of each exercise and an extra motivational boost to help keep you on track.
- Each session is 60 minutes in length and is located in the privacy of you own home. All equipment is provided.

| ONE ON ONE TRAINING RATES | HAMILTON/ BURLINGTON AREA | OUTSIDE OF THE HAMILTON/ BURLINGTON AREA |
|--------------------------------------|--------------------------------------|---|
| ONE SESSION PER WEEK | \$65 EACH SESSION | \$75 EACH SESSION |
| TWO SESSIONS PER WEEK | \$60 EACH SESSION | \$70 EACH SESSION |
| THREE SESSIONS PER WEEK | \$55 EACH SESSION | \$65 EACH SESSION |

| PARTNER TRAINING RATES | HAMILTON/ BURLINGTON AREA | OUTSIDE OF THE HAMILTON/ BURLINGTON AREA |
|-----------------------------------|--------------------------------------|---|
| ONE SESSION PER WEEK | \$40 EACH PERSON/ SESSION | \$45 EACH PERSON/ SESSION |
| TWO SESSIONS PER WEEK | \$35 EACH PERSON/ SESSION | \$40 EACH PERSON/ SESSION |
| THREE SESSIONS PER WEEK | \$30 EACH PERSON/ SESSION | \$35 EACH PERSON/SESSION |

**** FEES INCLUDE HST ****