



Personal Training

Feeling bored with your workout? Need some extra motivation? A new challenge?

We have lots of Personal Trainers available for Individual or Buddy Training* (BT) sessions. Our trainers will help give you that kick you need! *Please note that a Fitness Assessment is required before signing up with a Personal Trainer. Fitness Assessments are \$36 for both members and non-members.*

Individual Training 50-Minute Sessions	Member	Non-Member
3 session package	\$94	\$119
5 session package	\$140	\$180
8 session package	\$223	\$287
20 session package	\$473	\$633

Individual Training 25-Minute Sessions	Member	Non-Member
4 session (2 hr) package	\$81	\$106
10 session (5 hr) package	\$175	\$225
16 session (8 hr) package	\$244	\$314

Buddy Training* 50-Minute Sessions	Member	Non-Member
3 session package	\$78	\$102
5 session package	\$111	\$151
8 session package	\$175	\$241
20 session package	\$381	\$541

*Prices for BT are per person, with a 2 person maximum.

Buddy Training* 25-Minute Sessions	Member	Non-Member
4 session (2 hr) package	\$66	\$86
10 session (5 hr) package	\$145	\$185
16 session (8 hr) package	\$179	\$229



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