

Personal Training - Individual Rates

Gym membership not included.

If medical clearance is required a fee of \$100.00 will be added to the price of the package.

Weekly Personal Training Package: 12-week commitment

Individual Personal Training – 1-person commitment

(Payroll will be deducted bi-weekly)

One-hour sessions

Cost	One Session per week	Two Session per week	Three Sessions per week
Bi-Weekly	\$110.00	\$211.20	\$297.00
Per session	\$55.00	\$52.80	\$49.50
12-week total	\$660.00	\$1267.20	\$1782.00

**12-week packages are to be used on consecutive weeks for the duration of 12 weeks period.*

30-minute sessions

Cost	One Session per week	Two Session per week	Three Sessions per week
Bi-Weekly	\$66.00	\$126.72	\$178.20
Per session	\$33.00	\$31.68	\$29.70
12-week total	\$396.00	\$760.32	\$1069.20

**12-week packages are to be used on consecutive weeks for the duration of 12 weeks period.*

Semi-Private Personal Training - 2 people

Weekly Personal Training Package – 12-week commitment

(Payroll will be deducted bi-weekly)

One-hour sessions

Cost	One Session per week	Two Session per week	Three Sessions per week
Bi-Weekly	\$176.00	\$337.92	\$475.20
Per session	\$88.00	\$84.48	\$79.20
Per Person	\$44.00	\$42.24	\$39.60
12-week total	\$1056.00	\$2027.52	\$2851.20

**12-week packages are to be used on consecutive weeks for the duration of 12 weeks period.*

February 2026

30-minute package

Cost	One Session per week	Two Session per week	Three Sessions per week
Bi-Weekly	\$105.60	\$202.75	\$285.12
Per session	\$52.80	\$50.69	\$47.54
Per Person	\$26.40	\$25.35	\$23.77
12-week total	\$633.60	\$1216.51	\$1710.72

**12-week packages are to be used on consecutive weeks for the duration of 12 weeks period.*

Numbered Session Packages

(Payroll deduction is available in one, two or three payments).

	Four Session package	Ten Session package	Additional single session
Cost	\$264.00	\$632.50	\$71.50
Cost per session	\$66.00	\$63.25	n/a

**Expires one year from initial session.*

Startup program: \$20.00 per hour session

Program based on the Canadian Physical Activity Guidelines.
Introduction to cardiovascular and resistance training equipment.
Not goal specific.