



PERSONAL TRAINING

- ✓ Build Confidence.
- ✓ Prevent Injuries.
- ✓ Reach your Goals!

30 Minute Sessions

4 Sessions	\$124
8 Sessions	\$232
12 Sessions	\$312

60 Minute Sessions:

4 Sessions	\$176
8 Sessions	\$336
12 Sessions	\$456

New Client Special

Assessment + 3x 30min Sessions
\$110