

FITNESS TRAINING OPTIONS WARMINSTER BRANCH



PERSONAL TRAINING

Length of sessions	Number of sessions	Member	Non-member
30 minute sessions	5	\$126	\$163
30 minute sessions	10	\$238	\$310
45 minute sessions	5	\$188	\$245
45 minute sessions	10	\$355	\$462
60 minute sessions	5	\$250	\$325
60 minute sessions	10	\$472	\$614
45 minute PROMO	3 (new clients only)	\$80	n/a

PERSONAL TRAINING CLUB

Length of sessions	Number of sessions/month	Member	Non-member
30 minute sessions	4	\$93	n/a
30 minute sessions	8	\$176	n/a
30 minute sessions	12	\$261	n/a
45 minute sessions	4	\$139	n/a
45 minute sessions	8	\$262	n/a
45 minute sessions	12	\$381	n/a
60 minute sessions	4	\$184	n/a
60 minute sessions	8	\$348	n/a
60 minute sessions	12	\$510	n/a

PARTNER TRAINING

Length of sessions	Number of sessions	Member	Non-member
45 minute sessions	5	\$130	\$169
45 minute sessions	10	\$220	\$286
60 minute sessions	5	\$170	\$221
60 minute sessions	10	\$300	\$390

TEAM TRAINING

Length of sessions	Number of People	Number of sessions	Member	Non-member
45 minute sessions	3	5	\$65	\$85
45 minute sessions	3	10	\$110	\$143
60 minute sessions	3	5	\$85	\$111
60 minute sessions	3	10	\$150	\$196
45 minute sessions	4	5	\$55	\$72
45 minute sessions	4	10	\$90	\$117
60 minute sessions	4	5	\$75	\$98
60 minute sessions	4	10	\$130	\$169
45 minute sessions	5+	5	\$45	\$59
45 minute sessions	5+	10	\$70	\$91
60 minute sessions	5+	5	\$65	\$85
60 minute sessions	5+	10	\$110	\$143

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