

Personal Training and Team Conditioning Pricing

Personal Training:

Single Individual Sessions-	30 minutes- \$50 + HST 60 minutes- \$80 + HST
Individual Packages- (60 minutes only)	5 sessions- \$385 + HST 10 sessions- \$750 + HST 20 sessions- \$1440 + HST
Partner/Group Training- (60 minutes only)	\$45/person + HST (2 people) \$40/person + HST (3 people) \$35/person + HST (4 people) \$30/person + HST (5 people)
Team Training Sessions-	\$30/person + HST (up to 10 people; minimum 5 people)
Pre-season Performance- Testing	\$75/person + HST