



**Price Structure for In-Home Personal Training**  
**Effective Feb.15, 2009**

Initial Consultation and Fitness Assessment	\$35.00/hour
One-On-One Personal Training session	\$55.00/hour
Fitness Walking session	\$45.00/hour
New Equipment Consultation (Learn how to use your new fitness equipment properly and safely, no fitness program given)	\$35.00/Hour
Purchasing Fitness Equipment on Clients' Behalf	\$20.00 flat fee plus .50/km from Office to store

**Training Packages:**

- 5 sessions - \$275.00
- 10 sessions - \$530.00
- 15 sessions - \$780.00

**Group Training Packages:** (2 people training together)

- 1 session - \$80.00/hour
- 5 sessions - \$400.00
- 10 sessions - \$780.00

NOTE: If any personal training sessions or initial consultations **exceed** the allotted 60 minutes, another full session will be charged.

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Positive Image Personal Training