



**Personal Training-Group Training-Healthy Living  
“Get your uptake”**

**Memberships for Group Training Classes/Boot Camp Classes**

4 Days a week - \$240.00  
3 Day a week - \$192.00  
2 Days a week - \$136.00  
1 Day a week - \$80.00  
Unlimited for 1 Month: \$250.00  
Student/seniors over 55+ 1month unlimited \$220.00  
Corporate rates 10+ people \$220.00/month

**Regular punch card**

64 classes \$832.00 (1 year expire date) \$13 per class  
32 classes \$448.00 (6months expire date) \$14 per class  
16 classes \$ 240.00 (2 month expire dated) \$15 per class  
12 classes \$192.00 (2 month expire dated) \$16 per class  
8 classes \$136.00 (2 month expire dated) \$17 class  
4 classes \$80.00 (2 month expire dated) \$20 class

**Personal Training Sessions (One on One)**

\$60.00/HR  
10 Sessions - 1 session free (\$60.00 savings) (\$54 /hr)  
20 sessions - 3 sessions free (\$180.00 savings) (\$51/hr)  
Double training sessions \$40.00 per person/hr  
Group Training 3 or more people - \$30.00 per person/hr  
Group training 5 or more people - \$20.00 per person/hr

**Body Compositions**

\$45/session

Using an electronic bioelectrical impedance machine, we can test your current state of muscle balance (muscle to fat ratio), we can measure your personal basal metabolic rate and personal average daily caloric burn rate which will provide greater precision to nutritional planning. Bio Impedance also tests hydration which is one of the most important factors for health, weight-loss and preventing depression and fatigue.

**Nutrition Assessment**

\$100/program - Includes Lean Body Mass % testing, Body fat % testing, Basal Metabolic rate, nutritional analysis, body weight, girth measurements, goal setting, pictures, and a personalized nutrition plan.

Additional Nutrition Plans - \$15 per plan

Weekly Meetings - \$25/month - includes weekly meetings with trainer to create weekly nutrition plans and goal setting, a great way to keep you on track.

**Nutritional Seminars** (Minimum 10 person sign up)

\$20/person - Includes 1 hour to 1 ½ hours of nutritional dialogue and handouts.

**One on one running sessions**

\$50 / hr

\$65/ 90 min

\$80/ 2 hrs

**Group running sessions**

3+ \$20.00/hr

6+\$15.00/hr

10+\$ 10.00/hr

**One on One Marathon Training - 16 weeks preparation (3 months)**

\$700 - Includes 3 runs weekly with a trainer, program design for weight training/cross training and 16 week nutritional guidance. This package will prepare you from beginning to end to complete a full or half marathon.

**Program design for running a ½ marathon or full marathon**

\$45.00/person

**Running Seminars** (Minimum 10 person sign up)

\$ 20.00 /person - includes 60 -90 minutes of informational dialogue and handouts.

**Death race training/sinister 7 training** (Minimum 4 person sign up)

4-6 people -\$80 /person

6-9 people -\$75 /person

10-15 people – \$60 /person

20+ people - \$40 /person

Day trips to Grande Cache to run/ bike/ hike legs of death race

Package includes – Trainer runner analysis and suggestions/guidelines for proper equipment and nutrition preparation (e.g. Shoes, clothing, food, poles, etc.)

\*each trip will be 8-12 hours depending on numbers and the leg of the run.

### **Competition Training Programs**

\$1000/event for Bodybuilding, Fitness, Bikini Model, Figure or Tri-Fitness

Includes:

- Bi-monthly weigh-ins
- Free Body Comp analysis with weigh-ins
- Pictures and measurements
- 24 hour trainer support
- Nutritional guidance (16 weeks)
- Supplement guidance
- Training program (16 weeks)
- Posing
- Costume design / help

Additional Fees: Competition routine: \$35/hr

### **Phat Camps**

\$300/person

A 3 day (Friday – Sunday) weekend of incredible heart pumping, leg burning, fat blasting boot camp, weight training and cardio intervals finished with a yoga wind-down. This 3 day health and fitness weekend is designed for adventurous people of all ages and fitness levels. We will be teaching creative ways to stay motivated in the gym or at home. The weekend will be jammed packed with weight training ideas, seminars, and massages!!

### **Terminal Velocity**

4 Days a week - \$240.00 (+\$12 GST) = \$252.00

3 Day a week - \$192.00 (+\$9.60) = \$201.60

2 Days a week - \$136.00 (+\$6.80) = \$142.80

1 Day a week - \$80.00 (+\$4) = \$84.00

This is a 4 week challenge that will develop personal goals once thought unattainable with intense plyometric training, compound weight training, and explosive cardio drills.

Includes

### **Sport / Job Specific Fitness Training**

\$60.00/HR

-10 Sessions - 1 session free (\$60.00 savings) (\$54 /hr)

-20 sessions - 3 sessions free (\$240.00 savings) (\$48/hr)

-Double training sessions \$40.00 per person/hr

-Group Training 3 or more people - \$30.00 per person/hr

-Group training 5 or more people - \$20.00 per person/hr

This type of training is aimed to uniquely apply a style or type of fitness regime for increased skill or strength. Every single client will be dealt with the focus to ensure proper development of systems to be at the top of their game. (E.g. MMA fighters, football players, firefighters, police officers, etc.)

### **Sports Conditioning Classes**

\$100/hour

**Take a Trainer Home With You**

Includes 5 hours with a trainer grocery shopping, cooking, one on one training, cupboard cleansing and an informational package.

1 day \$250.00

**Ladies Night Out/Bachelorette Parties**

\$250/party (Maximum 15 people)

Includes an in studio sexy strip dance class with costumes included, lap dance lessons and outrageous bachelorette party games. Be sure to bring your sexiest heels and leave your inhibitions behind!!!