

# Athlima Fitness, in Studio, services and prices

Bay 14, 3510, 27<sup>th</sup>, street, N.E 403 607 1992

## Personal training: 1 hour sessions

### Monthly commitments:

Single session:	\$60		
Once a week	\$200/month.....	(4 sessions)	\$50 per session
Twice a week	\$360/month.....	(8 sessions)	\$45 per session
3 x per week	\$480/month.....	(12 sessions)	\$40 per session
4 x per week	\$600/month.....	(16 sessions)	\$37.50 per session
5 x per week	\$700/month.....	(20 Sessions)	\$35 per session (includes free assessment)

## 30 min sessions

Single session	\$35	(1 session)	
Once a week	\$120/month	(4 sessions)	\$30 per session
Twice a week	\$220/month	(8 sessions)	\$27.50 per session
3 x per week	\$300/month	(12 sessions)	\$25 per session
4 x per week	\$360/month	(16 sessions)	\$22.50 per session
5 x per week	\$400/month	(20 sessions)	\$20.00 per session

All of the above sessions can be divided with a partner at no extra charge.

\*Note all sessions must be used within 4 week period, unless otherwise negotiated.\*

## Teams, sports teams and corporate training.

(For a group of 20 that can be as low as \$2.00 per session, per person)

One session		\$75/session
Once a week	(4 sessions)	\$240/month
Twice a week	(8 sessions)	\$440/month
3 x a week	(12 sessions)	\$600/month
4 x a week	(16 sessions)	\$720/month
5 x a week	(20 sessions)	\$800/month

All prices listed above are for studio training. There will be an extra \$10, per session charge for all in-home sessions

## ONLINE PERSONAL TRAINING:

You will receive:

- A Personal Assessment, face to face in studio only.
- A Fitness Program personalized using the results from your assessment.
- Ongoing e mail support and advice.
- Programs will be E-mailed to you in detail using pictures and text.

Get started today only... \$60 / month

## Ultimate Fitness package..... \$95/month (best value)

(Includes a fitness assessment, program design (that includes photos text explanation of the exercises), one personal training session, and online, or phone personal training advice.)

All services are performed on a monthly basis

## Other fitness services.

**Fitness Assessment..... \$40**

(Includes a needs analysis, par q, health, nutrition and fitness questioners, fitness tests and body composition tests)

**Body measurement and composition..... \$20**

(Measurement body fat, body girth, height and weight followed by and analysis of findings)

**Program design..... \$25**

(A sound fitness program that usually follows the fitness assessment. The Program will include description and illustrations of each exercise)

Prices may change without notice.