

Personal Training Rates *NEW* 5% GST -

As of February 1st, 2008

Adult One-HOUR PACKAGES

One

1-Session package 80.00

GST 4.00 = 84.00

5-Session Package 325.00

GST 16.25 = 341.25

192.50/person

One 65.00 GST 3.25 = 68.25

10-Session Package 625.00

GST 31.25 = 656.25

62.50 GST 3.13 = 65.63

20-Session Package 1200.00

GST 60.00 = 1260.00

60.00 GST 3.00 = 63.00

Semi- Private

1-Session package 93.00

GST 4.65 = 97.65

46.50/person GST 2.33 = 48.83

5-Session Package 410.00

GST 20.50 = 430.50

205.00 / Person GST 10.25 = 215.25

One 41.00 GST 2.05 = 43.05

10-Session Package 790.00

GST 39.50 = 829.50

395.00 / Person GST 19.75 = 414.75

One 39.50 GST 1.98 = 41.48

20-Session Package 1500.00

GST 75.00 = 1575.00

750.00/ Person GST 37.50 = 787.50

One 37.50 GST 1.88 = 39.38

Adult ½-HOUR PACKAGES

One

1 Session package 40.50

GST 2.03 = 42.53

5 Session Package 187.50

GST 93.38 = 196.88

One 37.50 GST 1.86 = 39.38

10 Session Package 355.00

GST 17.75 = 372.75

One 35.50 GST 1.78 = 37.28

20 Session Package 675.00

GST 33.75 = 708.75

One 33.75 GST 1.69 = 35.44

Semi-Private

1 Session 53.00

GST 2.65 = 55.65

26.50/ Person GST 1.33 = 27.83

5 Sessions Package 255.00

GST 12.75 = 267.75

127.50/ Person GST 6.38 = 133.88

One 25.50 GST 1.28 = 26.78

10 Session Package 475.00

GST 23.75 = 498.75

237.50/ Person GST 11.88 = 249.38

One 23.75 GST 1.19 = 24.94

20 Session Package 895.20

GST 44.76 = 939.96

447.60/ Person GST 22.38 = 469.98

One 22.38 GST 1.12 = 23.50

Teen Training (12 - 18 years of age) 1-HOUR PACKAGES

Semi- Private

One

One Session Package 65.00
GST 3.25 = 68.25

One Session Package 87.00
GST 4.35 = 91.35
43.50/ Person GST 2.18 = 45.68

5 Sessions Package 300.00
GST 15.00 = 315.00
60.00 GST 3.00 = 63.00

5 Sessions Packages 375.00
GST 18.75 = 393.75
187.50 / Person GST 9.38 = 196.88
37.50 GST 1.88 = 39.38

10 Sessions Package 575.00
GST 28.75 = 603.75
57.50 GST 2.88 = 60.38

10 Session Packages 720.00
GST 36.00 = 756.00
360.00/ Person GST 18.00 = 378.00
36.00 GST 1.80 = 37.80

20 Sessions Package 1100.00
GST 55.00 = 1155.00
55.00 GST 2.75 = 57.75

20 Session Packages 1380.00
GST 69.00 = 1449.00
690.00 / Person GST 34.50 = 724.50
34.50 GST 1.73 = 36.23

Teen Training (12 -18 years of age) 1/2-HOUR PACKAGES

Semi- Private

One

1 Session Package 37.50
GST 1.88 = 39.38

1 Session Package 50.00
GST 2.50 = 52.50
25.00/ Person GST 1.25 = 26.25

5 Session Package 172.50
GST 8.63 = 181.13
34.50 GST 1.73 = 36.23

5 Session Package 235.00
GST 11.75 = 246.75
117.50 / Person GST 5.88 = 123.38
23.50 GST 1.18 = 24.68

10 Session Package 325.00
GST 16.25 = 341.25
32.50 GST 1.63 = 34.13

10 Sessions Package 720.00
GST 36.00 = 756.00
360.00/ Person GST 18.00 = 378.00
36.00 GST 1.80 = 37.80

20 Session Package 620.00
GST 31.00 = 651.00
31.00 GST 1.55 = 32.55

20 Session Packages 825.20
GST 41.26 = 866.46
412.60/ Person GST 20.63 = 433.23
20.63 GST 1.03 = 21.66

Adult Small Group Training-HOUR PACKAGES

Three People

1 Session Package 111.00

GST 5.55 = 116.55

37.00/ Person GST 1.85 = 38.85

5 Session Package 517.50

GST 25.88 = 543.38

172.50/ Person for 5 sessions

34.50 / Person GST 1.73 = 36.23

10 Session Package 990.00

GST 49.50 = 1035.50

330.00/ Person for 10 sessions

33.00/ Person GST 1.36 = 34.36

20 Session Packages 1890.00

GST 94.50 = 1984.50

630.00/ Person for 20 sessions

31.50 / Person GST 1.58 = 33.08

Four People

1 Session 132.00

GST 6.60 = 138.60

33.00/ Person GST 1.65 = 34.65

5 Session Packages 630.00

GST 31.50 = 661.50

157.50/ Person for 5 sessions

31.50/ Person GST 1.58 = 33.08

10 Session Packages 1180.00

GST 59.00 = 1239.00

295.00/ Person for 10 sessions

29.50/ Person GST 1.48 = 30.97

20 Session Packages 2280.00

GST 114.00 = 2394.00

570.00/ Person for 20 sessions

28.50 / Person GST 1.43 = 29.93
