



Prices & Packages

	<u>Home Studio</u>	<u>Your Home</u>
Single Session (<i>One-on-One</i>)	\$60	\$70
Pkg of 6 Sessions (<i>One-on-One</i>)	\$300 (\$50/hr)	\$360 (\$60/hr)
Pkg of 6 Duets (<i>Partner Training</i>)	\$360 (\$30/pp)	\$480 (\$40 pp)
Pkg of 6 Sessions Triples (<i>3-Person Training</i>)	\$450 (\$25/pp)	\$630 (\$35/pp)

Package of 6 Sessions include:

- o 55 minute workouts, geared to challenge you, motivate you and inspire you!
- o Personalized programs using the latest training techniques & modifications to workouts when needed.
- o Homework workouts to keep the body moving & weekly email support.
- o Dietary advice if requested.

30 Day Challenge Workout (*One-on-One*) \$250 N/A

Want to take your fitness and/or weight loss to the next level? This 30 Day Program involves a 5 day a week workout program for a 30 day period. You meet with me for 4 xs, once a week, to learn your workouts for the following 6 days and then continue on your own. If you are committed, this program will get you the results that you are looking for!

(Dietary advice: \$75 extra)

30-Minute Circuit Workouts (*One-on-One*)

Short on time? These sessions are designed to get as many different muscles moving, in the shortest amount of time, for the greatest calorie burn and muscle conditioning.

3 times a week/ 30 Minutes \$270 N/A

For 3 weeks (9 sessions total)

1-2 times a week / 30 Minutes \$240 N/A

For 4-8 weeks (8 sessions total)

Kalorie Killer (*Small Group Training*) \$120 N/A

A 60 minute, 6 week, once a week group of 4 training program.

Kalorie Killer will take you through a calorie blasting circuit workout where you hit every muscle group as you rotate through different stations using a variety of fitness equipment and your own bodyweight. It's the perfect combination of heart pumping cardio and pure strength training to challenge any fitness level.

Call, or email for more info on our next class start times and days.

The Not-So-Fine Fine Print

- *Kindly provide me with a minimum of a 24 hour notice of cancellation to avoid being charged for your session*
- *Full payment for packages is due on the first session. Session payments are non-refundable.*
- *Payment can be made by cheque (payable to PJ Wren) or cash.*