



PERSONAL TRAINING SESSION RATES

one on one sessions

Pack of 12 sessions (\$31 per session)	\$372
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Pack of 6 sessions (\$35 per session)	\$210
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Single sessions	\$39
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semi-private sessions

(min 2 - max 3 people)

Pack of 12 sessions (\$24 per person, per session)	\$288
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Pack of 6 sessions (\$28 per person, per session)	\$168
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Single sessions (per person, per session)	\$32
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