



Exercise / Cooking / Classes

Service	SERVICE FEES	Details
Livestream Community Group	FREE	Join our FB Group
Personalized Packages	\$120*-\$396	

**Fees are in Canadian \$ and GST will be added at the current rate*

Lifestyle & Wellness subscriptions are online services in exercise, wellness and nutrition delivered in both live and recorded sessions with a Certified Fitness

Livestream Community Group

1. 4-8 live workouts a week
2. 1 Nutrition/ Food/ Cooking session added weekly
3. Access to wellness programs library for timely viewing
4. 25% discount on Personalized Packages

Personalized Packages

30 min sessions

- 1.) Personalized 1-on-1 sessions
- 2.) Assessments and Progress tracking
- 3.) Goal setting and lifestyle coaching

Service	Coaching Fees	Lifestyle Member Pricing	Non-Lifestyle Member Pricing
Monthly – 1x week	\$120/\$148	4 sessions (\$30 a session)	4 sessions (\$37 a session)
Monthly – 2x week	\$216/\$280	8 sessions (\$27 a session)	8 sessions (\$35 a session)
Monthly – 3x week	\$300/\$396	12 sessions (\$25 a session)	12 sessions (\$33 a session)

Policies & Procedures

1. All services are billed in advance at no more than 1 month at a time
2. 24-hour cancellation notice is required for Personalized Packages booked sessions or 50% of session fee will charged
3. FREE
 - a. Activity Readiness Form
 - b. Liability & Waiver Form
4. Personalized Packages - pre-activity requirements
 - a. Client Health History
 - b. Lifestyle Questionnaire
 - c. Nutrition Questionnaire
 - d. Liability & Waiver Form