

PERSONAL TRAINING PACKAGES

ACCOUNTABILITY PACKAGE

1x Session Per Week
\$65 - \$80

This package includes one session per week with a trainer, plus 2-3 self-guided workouts. It's ideal for those who need accountability or are transitioning away from full-time training. Most clients see better results with 2-3 trainer-led sessions per week before moving to this option. Success depends on consistency—one hour with a trainer out of 168 in a week is just a small piece of the puzzle. This package focuses on structured programming and keeping you accountable to your progress.

LEARNING PACKAGE

2x Session Per Week
\$130 - \$160

This package includes two trainer-led sessions per week, plus 1-3 self-guided workouts. It gives our trainers the time to teach you more about your body, the gym, and key lifestyle habits. While two hours out of 168 may seem small, that extra session allows for deeper discussions on training, nutrition, and long-term success. It's a great fit for those with some gym experience who want to refine their technique, build confidence, and follow a structured program with expert guidance.

COMMITMENT PACKAGE

3x Session Per Week
\$195 - \$240

This package includes three trainer-led sessions per week, plus 1-2 self-guided workouts—ideal for those ready to make real progress. Consistency is key, and working closely with a trainer multiple times a week ensures you build strength, confidence, and lasting habits. With more hands-on coaching, we can fine-tune your movements, tailor your nutrition approach, and keep you motivated. This is the most effective way to see real results, develop a solid foundation, and create a sustainable fitness routine that works for you.

LONGEVITY PACKAGE

4x Session Per Week
\$260 - \$320

Designed for those serious about their long-term health, this package includes four trainer-led sessions per week, plus an optional self-guided workout. It's ideal for beginners or anyone who wants close supervision and consistent guidance. With a strong focus on mastering movement, building healthy habits, and staying accountable with nutrition, this package ensures you're set up for success. While not intended for long-term use, it's the perfect starting point before transitioning to a Commitment or Learning Package.

All Prices are Subject to HST and may change at anytime

PERSONAL TRAINING PACKAGES

ACCOUNTABILITY PACKAGE

	Weekly	Bi-Weekly	Monthly	Paid In Full
	\$73.45	\$146.90	\$293.80	\$587.60
1x Session Per week \$65 - \$80	\$90.40	\$180.80	\$361.60	\$723.20

LEARNING PACKAGE

	Weekly	Bi-Weekly	Monthly	Paid In Full
	\$146.90	\$293.80	\$587.60	\$1,175.20
2x Session Per week \$130 - \$160	\$180.80	\$361.60	\$723.20	\$1,446.40

COMMITMENT PACKAGE

	Weekly	Bi-Weekly	Monthly	Paid In Full
	\$220.35	\$440.70	\$881.40	\$1,762.8
3x Session Per week \$195 - \$240	\$271.20	\$542.40	\$1,084.80	\$2,169.60

LONGEVITY PACKAGE

	Weekly	Bi-Weekly	Monthly	Paid In Full
	\$293.80	\$587.60	\$1,175.20	\$2,350.40
4x Session Per week \$260 - \$320	\$361.60	\$723.20	\$1,446.40	\$2,892.80

HST Included on all prices and may change at anytime