



SERVICES & PRICING LIST

Prices include GST

1 ON 1 PERSONAL TRAINING (per session prices)

1 x 30 minute session	\$47.25
1 x 45 minute session	\$68.25
1 x 60 minute session	\$78.75

1 ON 1 PERSONAL TRAINING (package prices)

10 x 30 minute sessions (package)	\$446.25
10 x 45 minute sessions (package)	\$614.25

DELUXE WELLNESS SUPPORT BUNDLE PACKAGE

\$357.00

Includes:

- 4 x 45 minute coaching calls (phone or Zoom)
 - 2 x 45 minute personal training sessions (1 on 1 or online via Zoom)
 - 1 x Total Pro Aging Program for Women Over 40 [HERE](#)
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BASIC WELLNESS SUPPORT BUNDLE PACKAGE

\$288.75

Includes:

- 5 x 30 minute coaching calls (phone or Zoom)
 - 2 x 60 minute personal training sessions (1 on 1 or online via Zoom)
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PERSONALIZED FITNESS PROGRAM

\$157.50

Includes:

Your own 4 week fitness program incorporating resistance training and/or cardiovascular training designed to suit your unique goals, access to equipment, time availability and fitness level. Does NOT include nutrition support.

PAYMENT DETAILS & OPTIONS:

- Payment is accepted via EFT to contact@juliehodge.ca
- If you'd like to pay via PayPal (or Credit Card) please request an invoice
- Payment is due on or before our first session and/or call
- I require 6 hours notice of a cancelled appointment or that session and/or call will be forfeited
- No refunds