

1 ON 1 PERSONAL TRAINING

Sessions are provided in my private fitness studio in north Okotoks. All equipment is provided. Children are welcome as there is an adjacent play area. Please note children are not permitted in the workout studio area. *Packages have a 1 year expiry.*

PAY-AS-YOU-GO:

1 x 30 minute session	\$40 + gst
1 x 45 minute session	\$60 + gst

PACKAGES (Save 5% to 10%):

5 x 30 minute sessions	\$190 + gst
5 x 45 minute sessions	\$285 + gst
10 x 30 minute sessions	\$270 + gst
10 x 45 minute sessions	\$540 + gst

SMALL GROUP TRAINING (3 people)

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PAY-AS-YOU-GO:

1 x 30 minute session	\$15 + gst (each)
1 x 45 minute session	\$25 + gst (each)

PACKAGES (Save 5% to 10%):

5 x 30 minute sessions	\$71.25 + gst (each)
5 x 45 minute sessions	\$118.75 + gst (each)
10 x 30 minute sessions	\$135 + gst (each)
10 x 45 minute sessions	\$225 + gst (each)

PERSONALIZED FITNESS PROGRAM

\$150 + gst

This is a recommended 4-6 week fitness (ie: workout program) that I design for you based around your fitness goals, time availability, access to equipment and current fitness level. May include strength and cardio components. Is provided to you in PDF format via email. *Please note that this program does not include nutritional support and/or advice or personal training.*

PAYMENT DETAILS & OPTIONS:

- I accept payment via electronic funds transfer (EFT) to contact@juliehodge.ca
- 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
- Please note there are no refunds
- Sessions may be transferred subject to approval