

SERVICES & PRICING LIST

GST will be added

FITNESS ACCOUNTABILITY CALLS

Can't make it to a one on one session? Need a little inspiration, motivation and accountability? Calls might be for you. Ask questions, get new ideas, some tips and techniques to freshen up your workout routine – and more!

1 x 30 minute call	\$25 + gst
1 x 45 minute call	\$40 + gst
1 x 60 minute call	\$60 + gst

1 ON 1 PERSONAL TRAINING (per session prices)

Sessions are provided in my private fitness studio. All equipment is provided. Children are welcome as there is an adjacent play area, and not permitted in the workout studio area.

Please note that packages of 10 sessions may be purchased upon request (please call/email for details) subject to availability.

1 x 30 minute session	\$40 + gst
1 x 45 minute session	\$60 + gst
1 x 60 minute session	\$75 + gst

PERSONALIZED FITNESS PROGRAM

\$150 + gst

This is a 4 week fitness 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.

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