

## Border Paving Fitness Centre Personal Training RATES

*Get the most out of your workout with a Personal Trainer!*

Your personal fitness trainer not only acts as your own personal coach and motivator, they will also help maximize your results by setting goals and developing a fitness program specific to you. Plus your trainer helps limit injury by ensuring that you are in proper form using the various gym equipment as well as bands, free weights, and balls.

### One-on-One Personal Training

Sessions are one (1) hour each.

- 1 session \$50.00
- 3 sessions \$142.50
- 5 sessions \$225.00
- 10 sessions \$425.00
- 20 sessions \$800.00

### Small Group Personal Training

We now offer personal training for small groups of 2, 3 or 4 people! Sessions are one (1) hour each. Group of 4 people is 1.25 hour session.

	2 people	3 people	4 people
1 session	\$75.00	\$100.00	\$125.00
3 sessions	\$213.75	\$285.00	\$356.25
5 sessions	\$337.50	\$450.00	\$562.50
10 sessions	\$637.50	\$850.00	\$1062.50
20 sessions	\$1200.00	\$1600.00	\$2000.00

## Terms & Conditions of Personal Training

- **Payment is required in full** at the time of purchase.
- Training sessions can only be booked after payment is received.
- There is no expiry date for training. Training sessions remain valid until all purchased sessions are completed.
- Refunds will only be provided for medical reasons with a valid doctor's note. Only unused sessions will be reimbursed.
- Purchase of training session(s) are non-transferrable.
- Cancellation of a session must be made two hours before booked session.
- The client will receive two hours notice if a trainer needs to cancel a session and session will be re-scheduled at a later date.