

Pricing Structure

Consistency can often be the most crucial and deciding factor to achieving one's health & fitness goals.

To that end, I wanted to reward the greater time investment with me with lower costs and create an incentive for greater frequency of physical activity to increase the chance of success in achieving your fitness goals.

I also require an initial 3-month commitment from new clients who want to work with me in recognition of the fact that physical changes in health and fitness take time and dedication. Creating 3-month packages will also help establish and ingrain the healthy habits necessary for long term success. After the initial 3 months, sessions can be prepaid on a monthly basis.

3 month One-on-One Training (60 min)			
Frequency	Cost per Session Hour	# of sessions in package	Total Cost
1X/week	\$95/hour	12 pack	\$1140 + HST
2X/week	\$88/hour	24 pack	\$2112 + HST
3X/week	\$82/hour	36 pack	\$2952+ HST

Notes:
1X/week session also includes a mandatory 10 minute phone call or Facetime progress check-in at our mutual convenience. This increases accountability, consistency, and adaptability. Half-hour sessions are available upon request but must be done a minimum of 2X/week. Please ask about pricing if interested.

****Introductory Special** (minimum 2X/week) : 4 sessions = \$350 + HST (\$87.50/session)**

Partner (2-on-1) Training: \$65/hour/person + HST

Small Group (3 or 4) Training: \$50/hour/person + HST

- **Available by request but only after each person completes a private introductory package. This is to ensure a baseline of training proficiency of all participants and allow me to deliver the best individualized adaptations if necessary.**