



Personal Training (Pre-pregnancy, pre-natal, and post natal)

Description: Personal training sessions are offered either as an individual session or for two people with similar fitness levels. Assessments are included in the training packages.

Main features: Specialized programs to meet client's fitness goals. Personal training sessions can include weight training, cardiovascular exercise, flexibility, outdoor fitness, and some sport/recreation activities. Sessions are approximately 60 minutes.

Includes: The first session will consist of some paper work, background information and an assessment. The following sessions will focus on exercises and periodic assessments that will assist the clients in reaching their specific goals.

Number of Sessions per Week	Individual Session	Two Participants	Expires from date of purchase
2 sessions per week	\$ 720.00 (\$60.00/session)	\$ 1080.00 (\$90.00 per session)	8 weeks
3 sessions per week	\$ 990.00 (\$55.00/ session)	\$ 1440.00 (\$80.00 per session)	8 weeks

Two participant sessions are for individuals with similar fitness levels and must be pre-approved by the Trainer prior to purchase of the sessions.

Sessions must be used within 8 weeks of purchase. If only one participant can attend the Two Participant session they will have the opportunity to pay the extra owing for an individual session and then reschedule the Two Participant session. A punch card will be used to track session completion. Policies and Guarantees are in effect for Personal Training packages.

Prices listed above represent training sessions at Connect. For sessions in other locations prices will be discussed depending on travel requirements and gym membership costs if applicable. Be aware that some gyms will not allow independent Trainers to train on their premises.