



3 STEPS TO ACHEIVING YOUR FITNESS GOALS:

Personal Training Options + Pricing

1. CONSULTATION (REQUIRED)*

\$65 - 45 MIN (IN-PERSON OR VIRTUAL)

Talk to a trainer about your fitness goals, medical history, and discuss our personal training options.

***Consultations are included in Start-Up Packages.**

2. ASSESSMENT (REQUIRED)*

\$135 - 75 MIN (IN-PERSON)

\$79 - 45 MIN (VIRTUAL)

Identifies baselines for your trainer to create your program. Assessments test functional movement patterns, strength, and cardio. In-person assessments also include an InBody scan. Trainers will provide free reassessments every 6 months as long as you're an active client to track your progress and adjust your program.

***Assessments are included in Start-Up Packages.**

3. SELECT PACKAGE

SEE TRAINING OPTION PRICING

Once you've completed your required consultation and assessment. Now it's time to select the training package that best suits your schedule and budget. You can also opt to purchase a Personalized Fitness Program, which does not include sessions with a trainer but still provides the custom program.

If you choose a Start-Up Package, the pricing includes your consultation, assessment and one month (4 x 60-minute sessions) with your trainer. After your first month, select the training option that works best for you.

**MINIMUM 3-MONTH COMMITMENT
REQUIRED FOR ALL PERSONAL TRAINING
OPTIONS.**

ALL PRICING INCLUDES GST.

START-UP PACKAGES

All-in-One Pricing

These packages are the best option for anyone wanting to dive right into personal training. They include all of the steps to get started for one great price.

Select from any of our other training options after your first month.

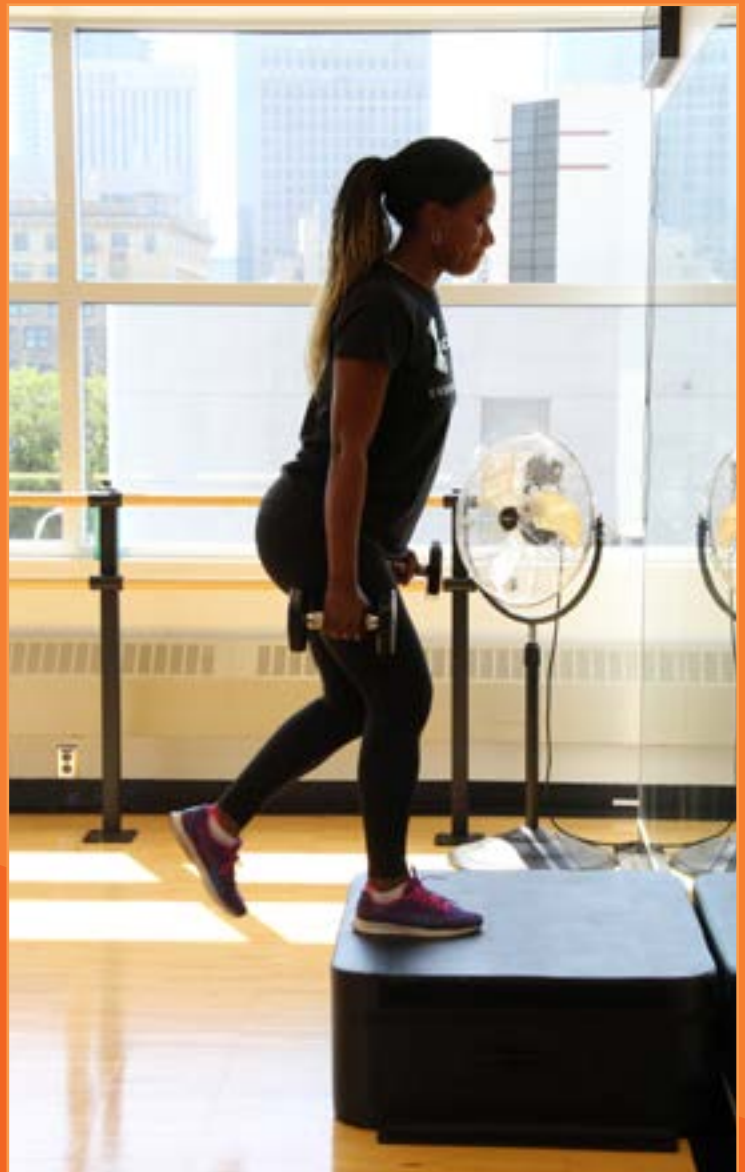
START-UP PACKAGES INCLUDE:

- Fitness consultation
- Fitness assessment
- 4 x 60-minute training sessions for your first month*

START-UP PACKAGE PRICING:

- **Private Training Start-Up Package: \$424**
- **Partner Training Start-Up Package: \$299**
(pricing is per person)

*A 3-month minimum commitment is required. Pricing only includes your first month of sessions.



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TRAINING OPTIONS

À-la-carte Pricing

All options include sessions with your trainer, custom workouts and messaging with your trainer (available in our app).

All training options (excluding Personalized Fitness Program) are charged monthly via auto-pay with a credit card.

PRIVATE TRAINING (1 CLIENT)	30 minutes	4/month: \$189 (\$47.25/session)
		8/month: \$324 (\$40.50/session)
	60 minutes	4/month: \$309 (\$77.25/session)
		8/month: \$579 (\$72.38/session)
PARTNER TRAINING (2 CLIENTS)	30 minutes	4/month: \$139 (\$34.75/session)
		8/month: \$239 (\$29.88/session)
	60 minutes	4/month: \$189 (\$47.25/session)
		8/month: \$324 (\$40.50/session)
CUSTOM GROUP TRAINING (3+ CLIENTS)	60 minutes	4/month: \$119 (\$29.75/session)
		8/month: \$189 (\$23.63/session)
		12/month: \$219 (\$18.25/session)
PERSONALIZED FITNESS PROGRAM (PROGRAM-ONLY OPTION)	A customized 4-week program without sessions with a personal trainer. Includes a 30-minute check-in meeting during or at the end of your program.	\$135

Personal Training Options + Pricing

TESTING-ONLY OPTIONS

Discover Your Baselines



IN-BODY TEST

Time: 20 minutes

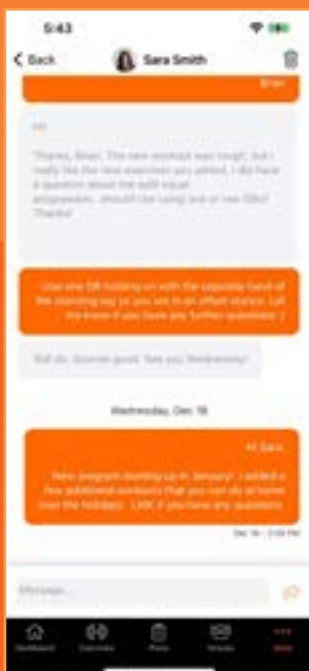
Cost: \$40/scan

A non-invasive body composition analysis, providing a detailed breakdown of your weight in muscle, fat, and water. It also measures bone density and indicates how many pounds of lean mass are distributed in each portion of your body. This helps your trainer pick exercises that'll bring out the best results to help you gain balance and function.

FUNCTIONAL MOVEMENT SCREEN

Cost: \$75

A tool for standardized movement screening to see how you move in everyday life. It accounts for mobility and stability and equips your trainer with information to make programming decisions with precision and purpose and set baselines for tracking progress. It identifies movement patterns you move well in as well as patterns you need to develop or protect and correct.



OUR APP

All personal training workouts are programmed into the Sport Manitoba Fitness Centre app with demonstrations. Your trainer can leave notes on each exercise for some extra guidance. The app is the hub for communicating with your trainer and will be a helpful sidekick in your fitness success!

