

Wiesner Wellness Centre Fitness Program Pricing

12 Week TRX Cross Training Boot Camp

8 People Max per class

1X/wk = \$144

2X/wk = \$264 or \$88/month for 3 months

3X/wk = \$432 or \$144/month for 3 months

Personal Training Prices

January – December 2015

Initial Assessment = \$50.00

Single training Sessions = \$50.00

Trial Package: 10 Full Sessions = \$450.00

10 - 30 Minute Sessions: \$270.00

12 week Packages:

Starter packages:

For Out-of-Towners or those wanting slow and steady results,

Or,

The Really dedicated & disciplined at home individual.

Full Session: 1X/Wk + Home Program = \$480 or 3 monthly payments of \$160

30 Minute Session: 1X/Wk + Home Program = \$300 or 3 monthly payments of \$100

Now We're talking! Faster Results Packages:

Full Session: 2X/wk + Home Program = \$924 or 3 monthly Payments of \$308

30 Minute sessions: 2x/wk + Home Program = \$540 or 3 Monthly Payments of \$180

I'm on a Mission, I want Serious Results! Packages:

Full Session: 3X/Wk + Home Program = \$1296 or 3 monthly payments of \$432

30 Minute sessions: 3X/wk + Home program = \$720 or 3 monthly payments of \$240

I'm Not Kidding! I want my Best Body Now!

Transformation Packages:

Add a weight management plan and coaching to get **the BEST results!**

What's included: Healthy foods education, 2x weekly food diary analysis, 2x weekly weigh-ins & motivation, recipes, meal plans, until you hit your Goal Weight, then a

Maintenance plan to keep the weight off once and for all!

Small Group Training: The fun and cheaper way to train!

Max 5 people per group, 12 week programs.

An individual assessment is strongly recommended before starting.

Starter Package: 1X/Wk + Home Program = \$240 or 3 monthly payments of \$80.00

Now We're Talking!: 2X/wk + Home Program = \$432 or 3 monthly payments of \$144

I'm on a Mission!: 3X/wk + Home program = \$576 or 3 monthly payments of \$192

*****All Memberships subject to HST.*****