

Personal Training Information and Pricing

All prices in CDN and do not include GST

DISCOVERY CALL

A 20 minute meet and greet where we explore if we are the right fit for each other!

Cost: FREE

ONBOARDING

ALL new clients must start with 1:1 onboarding session.

- **Initial consult**
Our initial consult consists of gathering all the relevant information such as learning about your history, movement education, schedule, access to equipment, and an exploration of your goals.
- **Movement assessment and testing**
We dive into your specific experience more by assessing gross movement patterns, strengths, weaknesses, imbalances and opportunities for maintenance, growth and improvement.

From there, we determine what programming works best for your budget, availability and unique situation. All the data gathered will be brought forward for a fully customized program tailored just for you.

Cost:

Virtual: \$100

Meadow Park Sports Centre/ Altitude Fitness/Home Visits: \$115

Does NOT include entry to gym

Grom Physio Co: \$115

DOES include entry to gym

If you are intending to book Active Rehab Sessions, which are able to be billed by most Extended Health Insurance Plans, your onboarding/initial assessment must be booked with Physiotherapist.

À LA CARTE

Costs:

Virtual Training

- 1x Personal Training Session (50 minutes): \$100
- 10x pass – Personal Training Sessions (50 minutes): \$900
- 1 month strength or cardio training program (add on to a PT session): \$70 / program

Included:

- Customized training program
- Modifications as needed
- Immediate questions/queries post program delivery
- 2 week check in via phone, email or video call.

Meadow Park Sports Centre/Altitude Fitness/Home Visits, Whistler BC *

- 1x Personal Training Session (50 minutes): \$115
- 1x Active Rehab Session (50 minutes): \$130**
- 10x pass (6-month expiry) – Personal Training Sessions (50 minutes): \$1,035
- 20x pass (6-month expiry) – Personal Training Sessions (50 minutes): \$1,975
- 1 month strength or cardio training program (add on to a PT session): \$70 / program

Included:

- Customized training program
- Modifications as needed
- Immediate questions/queries post program delivery
- 2 week check in via phone, email or video call.

**Does NOT include entry to the gym*

***These sessions are able to be billed by most Extended Health Insurance Plans. Initial Physio assessment at Grom Physio Co must be completed before active rehab sessions can begin.*

Grom Physio Co, Squamish BC *

- 1x Personal Training Session (50 minutes): \$100
- 1x Partner Training Session (50 minutes): \$145
- 1x Active Rehab Session (50 minutes): \$130**
- 1x Grom Training Session (50 minutes): \$130**

**DOES include entry to the gym.*

**These sessions are able to be billed by most Extended Health Insurance Plans. Initial Physio assessment must be completed before active rehab sessions can begin.*

PACKAGES

All packages are a 12-week commitment.

Packages that include in person training: If in-person training sessions need to be missed due to injury or illness, all sessions must take place within 6 months from package purchase. On line delivery remains the same and will adapt to the specific circumstance.

In person training takes place at Meadow Park Sports Centre, Altitude Fitness Home Visits or Virtual.

Option 1:

A combination of in person and online program delivery

- 12 weeks customized strength training program
- 1 X / week in person training (50 minutes per session)
- 1 additional strength training program per week delivered via online coaching portal
- Daily mobility and corrective exercise programming as needed
- Scheduled calls as needed
- True Coach account for program delivery, session feedback, real time messaging and compliance tracking

Cost: \$495/4 weeks // \$1485 total

Does not include entry to the gym

Option 2:

A combination of in person and online program delivery

- 12 weeks customized strength training program
- 1 X / week in person training (50 minutes per session)
- 2 additional strength training programs per week delivered via online coaching portal
- Daily mobility and corrective exercise programming as needed
- Scheduled calls as needed
- True Coach account for program delivery, session feedback, real time messaging and compliance tracking

Cost: \$575/4 weeks // \$1725 total

Does not include entry to the gym

Option 3:

On line program delivery

- 12 weeks customized strength training program
- 2-3 strength training programs per week delivered via online coaching portal
- Daily mobility and corrective exercise programming as needed
- Scheduled calls as needed
- True Coach account for program delivery, session feedback, real time messaging and compliance tracking

Cost: \$250/4 weeks // \$750 total

Option 4:

On line program delivery

- 12 weeks customized cardio training program
- Up to 4 cardio training programs per week delivered via online coaching portal
- Scheduled calls as needed
- True Coach account for program delivery, session feedback, real time messaging and compliance tracking

Cost: \$175/4 weeks // \$525 total

Option 5:

On line program delivery

- 12 weeks customized strength training and cardio training program
- Program delivered via online coaching portal
- Daily mobility and corrective exercise programming as needed
- Scheduled calls as needed
- True Coach account for program delivery, session feedback, real time messaging and compliance tracking

Cost: \$400/4 weeks // \$1200 total