

## Personal Training Prices

\*all prices do not include GST.

### Virtual Training

- Consult/Assessment: \$100
- 1 hour Personal Training Session: \$100
- 1/2 hour Personal Training Session: \$60
- 10x pass - 1 hour Personal Training Sessions: \$900
- Strength or cardio training program (add on to a PT session): \$70 / program

### Meadow Park Sports Centre, Whistler BC \*

- Consult/Assessment: \$115
- 1 hour Personal Training Session: \$115
- 10x pass (6 month expiry) - 1 hour Personal Training Sessions: \$1,035
- 20x pass (6 month expiry) - 1 hour Personal Training Sessions: \$1,975
- Strength or cardio training program (add on to a PT session): \$70 / program

\*Does NOT include entry to the gym

### Altitude Fitness, Whistler, BC \*

- Consult/Assessment: \$130
- 1 hour Personal Training Session: \$130
- 10x pass (6 month expiry) - 1 hour Personal Training Sessions: \$1,170
- 20x pass (6 month expiry) - 1 hour Personal Training Sessions: \$2,210
- Strength or cardio training program (add on to a PT session): \$70 / program

\*Includes entry to the gym.

### Home Visits, Whistler BC \*

- Consult/Assessment: \$115
- 1 hour Personal Training Session: \$115
- 10x pass (6 month expiry) - 1 hour Personal Training Sessions: \$1,035
- 20x pass (6 month expiry) - 1 hour Personal Training Sessions: \$1,975
- Strength or cardio training program (add on to a PT session): \$70 / program