



**1:1 PERSONAL TRAINING**

|                                     |                  |
|-------------------------------------|------------------|
| <b>INTRODUCTORY PKG: 3 SESSIONS</b> | <b>\$150</b>     |
| <b>SINGLE SESSIONS (1-4)</b>        | <b>\$75 EACH</b> |
| <b>5 SESSIONS</b>                   | <b>\$365</b>     |
| <b>10 SESSIONS</b>                  | <b>\$700</b>     |
| <b>15 SESSIONS</b>                  | <b>\$1020</b>    |

**SMALL GROUP TRAINING (2:1)**

|                                     |                         |
|-------------------------------------|-------------------------|
|                                     | <b>PRICE PER PERSON</b> |
| <b>INTRODUCTORY PKG: 3 SESSIONS</b> | <b>\$100</b>            |
| <b>SINGLE SESSIONS (1-4)</b>        | <b>\$50 EACH</b>        |
| <b>5 SESSIONS</b>                   | <b>\$240</b>            |
| <b>10 SESSIONS</b>                  | <b>\$450</b>            |
| <b>15 SESSIONS</b>                  | <b>\$600</b>            |

**REMOTE + VIRTUAL TRAINING**

|                                     |                        |
|-------------------------------------|------------------------|
|                                     | <b>PRICE PER MONTH</b> |
| <b>AT HOME 30 (VIRTUAL CLASSES)</b> | <b>\$65</b>            |
| <b>PROGRAM ADD ON (PT CLIENTS)</b>  | <b>\$50</b>            |
| <b>REMOTE COACHING (1:1)</b>        | <b>\$195</b>           |

**BASICS OF TRAINING (1:1)**

|  |                     |
|--|---------------------|
| <b>7 PERSONAL TRAINING SESSIONS</b>                              | <b>PRICE: \$550</b> |
| <b>4 ONLINE MODULES</b>  |                     |
| <b>NUTRITION BUNDLE</b>  |                     |
| <b>BONUS: \$100 CREDIT TOWARDS REMOTE COACHING OR PT PACKAGE</b> |                     |



## PAYMENT DETAILS

### Discounts

10% off any service/package for military, police and first responders

Applies to active, retired and immediate family members [partner/child]

\*Does NOT apply to sales pricing OR Introductory Personal Training Package.

### Method of Payment

€-Transfer or Credit Card options.

### Payment Plans

Payment plans available for Personal Training Packages.



## CONTACT DETAILS

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