

# KICKSTART TRAINING PACKAGES

## INDIVIDUAL PERSONAL TRAINING

30-minute Personal Training session 1x/wk  
\$180 Members / \$220 Non-members  
30-minute Personal Training session 2x/wk  
\$360 Members / \$440 Non-members

60-minute Personal Training session 1x/wk  
\$260 Members / \$300 Non-members  
60-minute Personal Training session 2x/wk  
\$520 Members / \$600 Non-members

## SMALL GROUP PERSONAL TRAINING

SESSIONS AVAILABLE TUES & THURS 6:30PM -7PM

Small group training 1x/wk  
\$80 Members / \$120 Non-members  
Small group training 2x/wk  
\$160 Members / \$240 Non-members

## PREP PROGRAM

PHYSICIAN REFERRED EXERCISE PROGRAM  
(INCLUDES 6-WEEK MEMBERSHIP)

60-minute Exercise session 2x/wk  
\$99 Members / \$99 Non-members

## PILATES

SESSIONS AVAILABLE MONDAY - FRIDAY 10AM - 2PM

30-minute group sessions (3-4 participants) 1x/wk  
\$120 Member / \$160 Non-member  
30-minute group sessions (3-4 participants) 2x/wk  
\$200 Member / \$280 Non-member

60-minute group sessions (3-4 participants) 1x/wk  
\$160 Member / \$200 Non-member  
60-minute group sessions (3-4 participants) 2x/wk  
\$280 Member / \$360 Non-member