

Fitness Centre

Personal Training RATES

Get the most out of your workout with a Personal Trainer!

Your personal fitness trainer not only acts as your own personal coach and motivator, they will also help maximize your results by setting goals and developing a fitness program specific to you. Plus, your trainer helps limit injury by ensuring that you are in proper form using the various gym equipment as well as bands, free weights, and balls.

30 Minute Training Sessions

Session	Personal Training <i>(One Trainer, One Client)</i>
1	\$30
3	\$85.50
5	\$135
10	\$255
20	\$480

1 Hour Training Sessions

Session	Personal Training <i>(One Trainer, One Client)</i>	Personal Training <i>(One Trainer, Two Clients)</i>
1	\$50	\$75
3	\$142.50	\$213.75
5	\$225	\$337.50
10	\$425	\$637.50
20	\$800	\$1200.00

Terms & Conditions of Personal Training

- Payment is required in full at the time of purchase.
- Training sessions cannot be booked until after payment has been received.
- Training sessions have no expiry date. Training sessions are valid until the guest has used all sessions purchased.
- Training sessions are not eligible for refunds, unless for medical reasons, in which case a doctor's note will be required at the time of cancellation. The client will be only reimbursed on sessions not used.
- The value of the training session(s) cannot be transferred to another Abbey Centre product or purchase
- Training Sessions cannot be transferred to another person.