

# Personal Training

For those who want accountability and support on their health and wellbeing journey.

## **Kickstart (Members only)**

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| 3 x 60 min 1 on 1 sessions | \$185.70 |
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## **Direct Debit (Members only)**

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|---|----------|
| 1 session per week - 60 min                                     | \$83.30  |
| 2 x sessions per week - 60 min                                  | \$166.60 |
| 1 session per week - 45 min                                     | \$66.00  |
| 2 x sessions per week - 45 min                                  | \$132.00 |
| 1 session per week - 30 min                                     | \$51.00  |
| 2 x sessions per week - 30 min                                  | \$102.00 |
| 1 x Small Group session per week - 60 min<br>(plus Full Access) | \$32.50  |

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## **Casual (Members and Non-Members)**

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|---------------------|----------|
| 1 on 1 - 60 min     | \$99.90  |
| Group of 2 - 60 min | \$104.50 |
| 1 on 1 - 45 min     | \$81.30  |
| Group of 2 - 45 min | \$86.00  |
| 1 on 1 - 30 min     | \$62.80  |
| Group of 2 - 30 min | \$67.40  |