



# PERSONAL TRAINING

NCSF Certified Personal Trainer

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## PERSONAL TRAINING FEES

Packages	BCF Member	Non Member	Off-site
1hr Session	\$43	\$49	\$54
5 X 1hr	\$203	\$234	\$254
10 X 1hr	\$392	\$450	\$489
24 X 1hr	\$909	\$1046	\$1136
50 X 1hr	\$1851	\$2128	\$2313
11 to 48 hrs	\$38/hr	\$44/hr	\$47/hr

Prices do not include cost of a training program

### ALSO AVAILABLE

Consultations: \$ 10

Fitness Assessment: \$55

6 Week Training Program: \$65

12 Week Personalized Training Program: \$162

(Please note: Personalized Program includes a Fitness Assessment but does not include one on one training sessions)

Rates come into effect Jan 7th 2019. All fees include GST and are subject to change without notice.