

# EAU CLAIRE TOWER FITNESS CENTRE

## Personal Training

### One-on-One Training

Have one of our knowledgeable and experienced trainers take you through a fun and challenging one-hour workout. Experience increased motivation, self-confidence, energy, and personal attention on an on-going basis.

### Express Training

Are your daily demands making it difficult to find time to workout? Maximize your time in the gym by working with a trainer for 30 or 45 minutes at a time. These express one-on-one sessions may be just what you need to find that work/life balance.

**Small Group Training** is available as well, please contact us for pricing.

	<b>ONE-ON-ONE</b>	<b>Express Training</b>	<b>Express Training</b>
<b>Package Type</b>	<b>60 Minutes</b>	<b>45 Minutes</b>	<b>30 Minutes</b>
Program Design	\$145.00		
5 Session Package	\$355.00	\$285.00	\$215.00
10 Session Package	\$670.00	\$535.00	\$400.00
11+ sessions	\$67/session	\$53.50/session	\$40/session

	<b>PAIR TRAINING -1 HOUR (30 and 45 minutes available)</b>	<b>Contact</b>
<b>Session Type</b>	<b>Personal Trainer</b>	Call Kevin at <b>403-206-9016</b> OR Email: <a href="mailto:kfukami@livunltd.com">kfukami@livunltd.com</a>
5 Session Package	\$540.00	
10 Session Package	\$999.00	

\*Prices do not include GST