

# 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.

**Pair and Small Group Training** are 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      | \$162.00          |                         |                         |
| 5 Session Package   | \$392.00          | \$336.00                | \$252.00                |
| 10 Session Package  | \$739.00          | \$594.00                | \$459.00                |
| 11+ sessions        | \$73.90/session   | \$59.40/session         | \$45.90/session         |

|                     | <b>PAIR TRAINING -1 HOUR</b><br>(30 and 45 minutes available) | <b>Contact</b>   |
|---------------------|---|--|
| <b>Session Type</b> | <b>Personal Trainer</b>                                       | Call Kevin at <b>403-206-9016</b><br>OR<br>Email: <a href="mailto:kfukami@livunltd.com">kfukami@livunltd.com</a> |
| 5 Session Package   | \$599.00  |  |
| 10 Session Package  | \$1098.00   |  |

\*Prices do not include GST