



Program options & fees

Personal training one on one

1 hour = \$60 *or save \$75 with a 10 pack \$525*
_ hour = \$38 *or save \$55 with a 10 pack \$325*

Personal training two on one (train with a friend & pay _ each)

1 hour = \$75 *or save \$110 with a 10 pack \$640*

Three on one, or private groups = POA

GROUP TRAINING PACKAGES: (with 24 groups running per week; pls refer to group timetable)

\$190 for 12 sessions (save \$50) or \$20 for single session

Unlimited group training \$150 per month paid via direct credit card payment

6 WEEK Fat Loss PACKAGES:

These packages are a great way to keep you exercising regularly, having a personal session and group/s each week, & are great value for money.

Exercise 2 times per week 1 x 1on1 and 1 group per week = \$385

Exercise 3 times per week 1 x 1on1 and 2 groups per week = \$440

Exercise with a friend (twice per week each)

1 x 2on1 and 2 groups per week = \$530

MOBILE PERSONAL TRAINING – WE COME TO YOU

1 person \$75 *save \$50 when purchasing 10 \$700*

* based on 5 km radius

TYLA – TYLA is a program “Turn Your Life Around”.

This program is an intensive 12 weeks. The program is designed to physically, emotionally and habitually change the behaviours that are inhibiting you from achieving your potential. The program involves seeing a personal trainer 5 days per week (1 hour sessions). Including 6 remedial massage appointments. The cost of the program is \$2990. This program is for people who are really ready to change their lives!! Please speak to Callum or Kate for more information.

*Monthly payment options are available

To help you establish a training program and payment system that will work for you, please call the studio and talk to us as we do tailor packages to individual needs.

9727 2278