

Georgian College Personal Training Fee Structure



Orientations

Free to all new members. Scheduled time posted in the Fitness Centre. Book yours today. Included in the orientation is an introduction to the rules and regulations of the facility; explanation of how to operate two pieces of cardio equipment; demonstration of one exercise per muscle group on our selectorized machines; safety and usage of the free weights; and a tour of our fitness studio and class/programs offered.

Fitness and Personal Training

To book a personal training session, make a payment at the Desk and present your receipt to the trainer in the Fitness Centre. Appointment times will vary depending on the trainer/your schedule. If you are unsure about which trainer to choose or you have questions about pricing/packages, please contact Ruth Vesterback at 728-1968 ext.1766

Personal Training Single Session

During this single session one of our Certified Personal Trainers will review your fitness goals and develop an exercise program to achieve and maximize results.

Cost:

- Student \$35
- Member \$50

Register as a group of 2-3, get the same program and save!

Cost:

- Student \$19/person
- Member \$29/person

Personal Training 5 or 10 Pack

Take advantage of our Certified Personal Trainers to help you achieve your fitness goals. We'll guide you every step of the way, design a customized program, then give you the attention, motivation and instruction you need.

There is no limit to when your sessions need to be used. The Trainer will keep track of all sessions.

5 Pack

- Student \$150
- Member \$210

10 Pack:

- Student \$280
- Member \$360

**All fees subject to GST/PST.