



# Personal Training Overview

The Student Wellness Centre is now offering Personal Training. Check out the programs below for more information and for pricing.

## Individualized Program

Receive a 4 week program tailored to your goals and abilities. A trainer will show you the exercises in a single session and you will complete the program on your own.

**\$50.00**

## Personal Training

Choose from 60 minute or 30 minute sessions one-on-one with a trainer. These sessions will be tailored to your abilities and goals.

### 3-9 Sessions

Student

60 Mins - \$42/session

30 Mins - \$21/session

Staff

60 Mins - \$52/session

30 Mins - \$26/session

### 10+ Sessions

Student

60 Mins - \$38/session

30 Mins - \$19/session

Staff

60 Mins - \$48/session

30 Mins - \$24/session

HERE  
FOR  
YOU