



WHAT IS PERSONAL TRAINING?

Personal training is a single or series of one on one training where a Certified Personal Trainer devotes 100% of their attention towards educating, motivating and supervising your individually tailored workout. Each session lasts one hour and can be scheduled according to each individual's goals or needs.

Individual exercisers find personal training valuable for many different reasons.

In most cases, you will retain a Personal Trainer to ensure proper training techniques in an effort to reduce the risk of personal injury and maximize the benefits of your exercises.

We will provide you with guidance to ensure your routine fits into your busy schedule while meeting all your goals.

A personal trainer will also help you to maintain the discipline and motivation necessary to carry you through your workout on a consistent basis.

Cost per session:
\$65.00(1-4 sessions)
\$60.00(5-9 sessions)
\$55.00(10 -19 sessions)
\$50.00(20 or more sessions)

For more information or to book your sessions, please speak to a staff member.

160 Main Street S., Brampton, ON L6W2E1
Phone: (905) 457 5211
E-mail: fitness@fitnesspluscanada.com
www.fitnesspluscanada.com