



2020 Private Training Fee Schedule

Number of Sessions	Online Private 1 hour		Online Private 30 minutes		Online Semi-Private 1 hour		In studio Private 1 hour*		In studio Semi-Private 1 hour*	
	Session fee	Package fee	Session fee	Package fee	Session fee	Package fee	Session fee	Package fee	Session fee	Package fee
8	\$79	\$632	\$60	\$480	\$119	\$952	\$94	\$752	\$134	\$1072
12	\$74	\$888	\$56	\$672	\$111	\$1332	\$89	\$1068	\$126	\$1512
24	\$68	\$1638	\$52	\$1248	\$102	\$2448	\$83	\$1992	\$117	\$2808
36	\$63	\$2268	\$48	\$1726	\$95	\$3420	\$78	\$2808	\$110	\$3960

Number of Sessions	At your home group of 2-4 1 hour		At your home Private 1 hour	
	Session fee	Package fee	Session fee	Package fee
8	\$158	\$1264	\$120	\$960
12	\$148	\$1776	\$115	\$1380
24	\$136	\$3246	\$110	\$2640
36	\$126	\$4536	\$105	\$3780

Fees include all applicable tax

***A thorough cleaning and disinfection protocol will be completed between each in studio client session to ensure your health and safety.**

- **Take 2 Personal Training now offers online, in studio and mobile training services by BCRPA certified Personal Trainers Michelle Bourgeois, Susan Williams, and Amanda Irving. We are pleased to offer the following specialty training modalities:**
 - ✓ **Strength and Conditioning**
 - ✓ **Correcting musculoskeletal imbalances**
 - ✓ **Yoga, flexibility, and myofascial release**
 - ✓ **Training specific for clients with Parkinson's, Fibromyalgia, and balance challenges**
 - ✓ **Proactive injury prevention**
 - ✓ **Body composition goals (fat loss and/or muscle gains)**
 - ✓ **Nutrition coaching**
- **Personal Training refund policy: Take 2 Personal Training does not offer refunds for personal training. Unused sessions may be put on hold for up to 2 months *for medical reasons only* and *with a note from your physician*. Transferring your unused sessions to another client (as agreed upon with Take 2 Personal Training) is an alternative option.**

To register, please email Michelle at take2pt@shaw.ca or call (250) 508-6381