

# Personal Training Options for Everyone

## I Want To Get Started Right Away

**Quick Start:** \$65 + gst  
**QuickStart PAIR:** \$80 + gst  
With this single 90 min session you will be able to safely & confidently use the Fitness Studio: complete orientation to the equipment and fitness studio etiquette. Includes a generic workout plan.

**Quick Start Plus:** \$129 + gst  
**Quick Start Plus PAIR:** \$169 + gst  
Build your confidence with a little more attention: 30min verbal consult with a trainer to review your current status/goals followed by 2 x 1 hour training sessions. Includes a personalized workout plan.



## I Have a Goal I Want to Achieve

**Performance:** \$209 + gst  
Move your fitness to the next level: 30 min verbal consult with a trainer to review your goals plus 4 x 1 hour training sessions and a personalized progressive workout plan - including workouts to do on your own.

**Performance Plus:** \$399 + gst  
As above with 8 x 1 hour sessions of training.

## I Have Some Unique Health Challenges

**Specialized:** \$244 + gst  
Take your first steps towards increased physical capacity and better quality of life: 30 min verbal consult with a trainer to review your health limitations and history plus 4 x 1 hour training sessions to start your fitness journey. Doctors referral required.

**Specialized Plus:** \$459 + gst  
As above with 8 x 1 hour sessions of training.

*Add on a session to any of our packages for \$42 + gst*

## I'm Ready For More...

**Refresher:** \$65 + gst  
Break through fitness plateau. Refresh motivation & your workout. Must have completed 4 sessions with a CCC trainer within 12 months: 15 min consult to discuss goals. 45 min session to review a new plan.

**Maintenance Packages:**  
10 x 1 hr sessions for \$385 (PAIR \$439). 5 x 1 hr sessions (PAIR \$239) for ongoing clients. Must be a pre-existing client and/or have purchased a Quick Start Plus, Performance or Specialized package.

## Meet our team of dedicated personal trainers:



Carol Hardy



Glenn Hascarl



Jill Nelson



Marty Gates



Paula Dickie



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Personal Training questions? Contact Heather to discuss options: [hbailey@comox.ca](mailto:hbailey@comox.ca)

To purchase your personal training package or for more information call us at 250-339-2255