

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

COMOX PERSONAL TRAINING

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 \$199 (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:



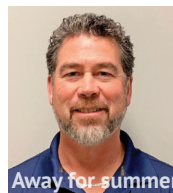
Glenn Hascarl



Jill Nelson
July only

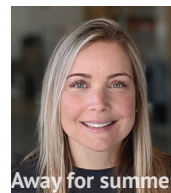


Laurel Dickson



Away for summer

Marty Gates



Away for summer

Paula Dickie



Signi Caine

Personal Training questions? Contact Heather to discuss options: hbailey@comox.ca

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

