



PERSONAL TRAINING

I Want To Get Started Right Away

Quick Start: \$75 + gst

QuickStart PAIR: \$89 + 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: \$149 + gst

Quick Start Plus PAIR: \$175 + gst

Build your confidence with a little more attention: 30 min 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'm Ready For More...

Refresher: \$75 + 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. Required for ongoing clients, at trainer's discretion.

Maintenance Packages:

10 x 1 hr sessions for \$479 + gst (PAIR \$579 + gst)

5 x 1 hr sessions \$239 + gst (PAIR \$289 + gst)

Must be a pre-existing client.

Add on a session for \$55 + gst (PAIR \$65 + gst)

I Have a Goal I Want to Achieve

Performance: \$239 + 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.

Performance Plus: \$429 + gst

As above with 8 x 1 hour sessions of training.

Specialized Training Packages

Quick Start Plus Specialized: \$169 + gst

Take your first steps toward better health and quality of life. Ideal for those with chronic conditions, post-rehab needs, or injury recovery. Package includes a 30 min consultation to review your health history and limitations, plus 2 x 1hr personalized training sessions to start your fitness journey. Doctors referral required. **Select trainers only.*

Specialized: \$279 + gst

As above with 4 x 1hr training sessions

Specialized Plus: \$495 + gst

As above with 8 x 1hr training sessions

Specialized Maintenance:

5 x 1hr for \$279 + gst

10 x 1hr for \$559 + gst

Personal Training questions? Contact us to discuss options: info@comox.ca

MEET OUR TRAINERS



Gammy Brar



Glenn Hascarl



Jill Nelson*



Laurel Dickson



Marty Gates*



Paula Dickie



Signi Caine*