

# 1

## Start here

Build your personal training journey by starting with a consultation, then an assessment (in-person or virtual), and finally, choosing your training package. Or, bundle it all together with our Start-Up Package!

Please note that an assessment (in-person or virtual) is **required** for all personal training clients.



<p><b>CONSULTATION</b></p> <p><b>Time:</b> 45 Minutes <b>Cost:</b> \$60</p>	<p>Book a virtual consultation with a trainer to discuss your fitness goals, medical history, and personal training options.</p> <p>The consultation fee is waived if you purchase personal training.</p>
<p><b>IN-PERSON ASSESSMENT</b></p> <p><b>Time:</b> 75 Minutes <b>Cost:</b> \$125</p>	<p>Your in-person assessment will identify the starting point for your trainer to create a custom program. Assessments test functional movement patterns, strength, cardio, and your overall body composition with an InBody scan.</p>
<p><b>VIRTUAL ASSESSMENT</b></p> <p><b>Time:</b> 45 Minutes <b>Cost:</b> \$75</p>	<p>Your virtual assessment will identify your starting point for your trainer to create a custom program. Assessments test functional movement patterns, strength, and cardio. Virtual assessments do not include an InBody scan.</p>
<p><b>START-UP PACKAGE</b></p> <p><b>Cost:</b> \$375 (in person) \$300 (virtual)</p>	<p>Our start-up package is the perfect option to dive right into personal training. It includes your consultation, fitness assessment and four 60-minute private training sessions, all for one convenient price.</p>

# Training packages

# 2

All personal training packages (in-person or virtual) include sessions with your trainer and up to three additional weekly virtual workouts. All bonus workouts are programmed in the Sport Manitoba Fitness Centre app, which also includes a community board, fitness challenges, and messaging to communicate with your trainer. All pricing is per person and do not include tax.

## IN-PERSON

<b>PRIVATE TRAINING</b>	30 Minutes	\$40/Session (4/Month)
		\$35/Session (8/Month)
	60 Minutes	\$70/Session (4/Month)
		\$65/Session (8/Month)
<b>PARTNER TRAINING</b>	30 Minutes	\$30/Session (4/Month)
		\$25/Session (8/Month)
	60 Minutes	\$40/Session (4/Month)
		\$35/Session (8/Month)
<b>SMALL GROUP TRAINING</b>	60 Minutes	\$25/Session (4/Month)

## VIRTUAL

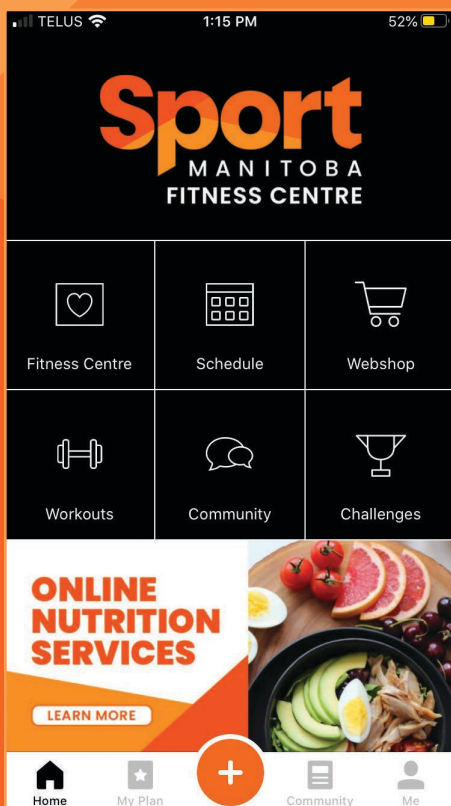
<b>PRIVATE TRAINING</b>	30 Minutes	\$35/Session (4/Month)
		\$30/Session (8/Month)
	60 Minutes	\$65/Session (4/Month)
		\$60/Session (8/Month)
<b>PARTNER TRAINING</b>	30 Minutes	\$25/Session (4/Month)
		\$20/Session (8/Month)
	60 Minutes	\$35/Session (4/Month)
		\$30/Session (8/Month)
<b>SMALL GROUP TRAINING</b>	60 Minutes	\$20/Session (4/Month)

# 3

## Add ons

Make the most of your personal training experience with these additional services.

<b>TRAINING PROGRAM</b> Cost: \$99/Month	For existing clients. Get customized monthly workouts without sessions with a personal trainer.
<b>IN-BODY TEST</b> Time: 20 Minutes Cost: \$30/Scan	A non-invasive body composition analysis, providing a detailed breakdown of your weight in muscle, fat, and water. It also indicates how many pounds of lean mass are distributed in each portion of your body. This helps your trainer pick exercises that'll bring out the best results to help you gain balance and function.
<b>NUTRITION SERVICES</b>	All personal training clients receive 20% off all Nutrition services.



### A NOTE ABOUT OUR APP

All additional non-guided workouts are programmed into the Sport Manitoba Fitness Centre app with animated demonstrations. Your trainer can leave notes on each exercise for some extra guidance. The app is the hub for communicating with your trainer and will be a helpful sidekick in your fitness success!

