



PERSONAL TRAINER RATES			
PERSONAL TRAINING			
	60 minutes		45 minutes
Single Session	\$65.00		\$50.00
5 Pack	\$60.00 (\$300.00)		\$45.00 (\$225.00)
Session & Home Program	\$75.00		
Consultation	30 minutes – No Charge		
Assessments Phase	\$65.00		
POST-REHABILITATION			
	60 minutes		45 minutes
5 Pack	\$70.00 (\$325.00)		\$55.00 (\$243.75)
10 Pack	\$65.00 (\$650.00)		\$50.00 (\$500.00)
Consultation	30 minutes – No Charge		
Assessments Phase	\$65.00		
SEMI- PRIVATE TRAINING			
	Drop in Fee	Single Purchase	Monthly Purchase
1 time / week	\$25.00	\$23.00	\$20.00 /week
2 times / week	\$25.00	\$46.00	\$40.00 / week
3 times / week	\$25.00	\$69.00	\$60.00 / week
Post Rehabilitation at Fitness Powers: Tracy Powers		Personal Trainers at Fitness Powers: Kristen Cowan, Maggie Juffs, Montana Lamb, Tracy Powers, Julie Turpin	
Contact Information: <i>Fitness Powers</i> Phone: 613-471-1515 Email: fitnesspowers@gmail.com www.fitnesspowers.ca			

OUR STRENGTH IS IN OUR PEOPLE

At Fitness Powers we have assembled a strong team of talented individuals who will strive to help you reach your health and wellness goals. We take a very comprehensive approach with each of our clients. Rather than a one-size-fits-all mindset, we take the time to learn about you – your long- and short-term goals as well as your current fitness, health, and nutritional habits. We motivate! We educate! We stimulate! We aim to provide a safe, motivating, and empowering environment, allowing us to better the lives of others. We take the steps to stay certified and update to date with the most current health and fitness information. When you join Fitness Powers, you will benefit from a team of dedicated trainers, instructors, coaches and staff members who will be by your side every step of the way to guide you to your goals.

What exactly are you buying? By joining us, you are signing up for top notch instruction and cutting edge programming. Whether it be private, post-rehab or semi-private, each personal training workout is tailored to meet your goals. You can rest assured that you will be adequately challenged, and coached to use the proper technique in every workout.

Results! We are committed to your success. In fact we live for it! It’s what drives us to do what we do, and we look forward to seeing everyone reach their goals. Tell us what your goal is, and we will help you target your workouts to ensure you hit the mark.



We work with you! Cancel 12 hours minimum before your schedule training session and we will work to get you in at another time. As simple as that.