



B O D Y B Y A M B E R F I T N E S S

SERVICES AVAILABLE

Consultations: \$ 10

Fitness Assessment: \$55

6 Week Training Program: \$65

12 Week Personalized Training Program: \$162

Meal Plan: \$75

Lifestyle Coaching: \$150/month

(Please note: Program Packages and Lifestyle Coaching Packages **do not** include one on one training sessions)

PERSONAL TRAINING FEES

	BCF Member	Non Member	Off-site
1hr Session	\$43	\$49	\$54
5 X 1hr	\$203	\$234	\$254
10 X 1hr	\$392	\$450	\$489
24 X 1hr	\$909	\$1046	\$1136
50 X 1hr	\$1851	\$2128	\$2313
11 to 48 hrs	\$38/hr	\$44/hr	\$47/hr

Prices do not include cost of a training program

Rates come into effect Jan 7th 2019. All fees include GST and are subject to change without notice.

Amber McLachlan-Leavitt | NCSF Certified Personal Trainer

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