



Queens Place Emera Centre Personal Training Packages

Packages	Member Cost	Non-Member Cost
Bronze 1 Session	\$40.00 total	\$48.00 total
Silver 2 Sessions	\$70.00 total	\$86.00 total
Gold 4 Sessions	\$135.00 total	\$167.00 total
Platinum 6 Sessions	\$195.00 total	\$243.00 total



Personal Training Pricing Structure Member

	Bronze Package	Silver Package	Gold Package	Platinum Package
Number of Sessions	1	2	4	6
Length of Sessions	60 minutes	60 minutes	60 minutes	60 minutes
Member Price	\$40.00 total	\$70.00 total (\$35.00 per session)	\$135.00 total (\$33.75 per session)	\$195.00 total (\$32.50 per session)
Includes	Personalized program	Personalized program	Personalized program	Personalized program
	1-on-1 training	1-on-1 training	1-on-1 training	1-on-1 training

Notes:

1. Personal training will only be provided by qualified Fitness Centre staff
2. The first session with your personal trainer is complimentary. During this session you will complete a fitness assessment, health profile and set goals.



Personal Training Pricing Structure Non-Member

	Bronze Package	Silver Package	Gold Package	Platinum Package
Number of Sessions	1	2	4	6
Length of Sessions	60 minutes	60 minutes	60 minutes	60 minutes
Non-Member Price	\$48.00 total	\$86.00 total (\$43 per session)	\$167.00 total (\$41.75 per session)	\$243.00 total (\$40.50 per session)
Includes	Personalized program	Personalized program	Personalized program	Personalized program
	1-on-1 training	1-on-1 training	1-on-1 training	1-on-1 training

Notes:

1. Personal training will only be provided by qualified Fitness Centre staff
2. The first session with your personal trainer is complimentary. During this session you will complete a fitness assessment, health profile and set goals.