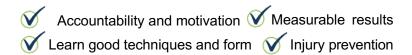


Investing in a Personal Trainer pays off

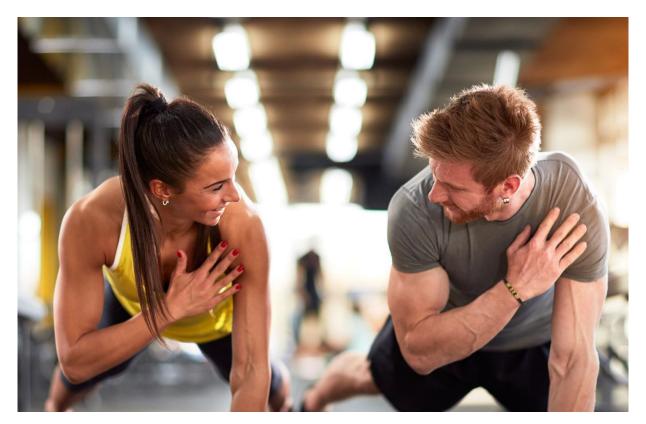


PERSONAL TRAINING - 25 MINUTES

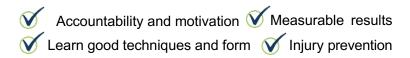
Personal Training	Single 25	Pkg 5/25	Pkg 10/25 \$360.00 \$405.00 \$450.00
Level 1 (Certified)	\$40.00	\$190.00	
Level 2 (Advanced)	\$45.00	\$213.75	
Level 3 (Elite)	\$50.00	\$237.50	
Buddy Training	Bdy 1/25	Bdy 5/25	Bdy 10/25 \$540.00 \$585.00 \$630.00
Level 1 (Certified)	\$60.00	\$285.00	
Level 2 (Advanced)	\$65.00	\$308.75	
Level 3 (Elite)	\$70.00	\$332.50	

WHAT ARE YOU WAITING FOR? BOOK A PACKAGE TODAY!





*Investing in a*Personal Trainer pays off



PERSONAL TRAINING - 55 MINUTES

Personal Training Level 1 (Certified) Level 2 (Advanced) Level 3 (Elite)	Single 55 \$70.00 \$80.00 \$90.00	Pkg 5/55 \$332.50 \$380.00 \$427.50	Pkg 10/55 \$630.00 \$720.00 \$810.00
Buddy Training	Bdy 1/55	Bdy 5/55	Bdy 10/55
Level 1 (Certified)	\$90.00	\$427.50	\$810.00
Level 2 (Advanced	\$100.00	\$475.00	\$900.00
Level 3 (Elite)	\$110.00	\$522.50	\$990.00

WHAT ARE YOU WAITING FOR? BOOK A PACKAGE TODAY!





Investing in Pilates Reformer Training pays off

✓ Great for rehabilitation✓ Exercise through pregnancy✓ Use for weight loss✓ Increase your flexibility

Private Training	Members		Non-Members	
25 Minute Sessions Single 25-minute Session 5 Sessions (5% Discount) 10 Sessions (10% Discount)	Cost \$55.00 \$261.25 \$495.00	Per Session \$55.00 \$52.25 \$49.50	Cost \$65.00 \$308.75 \$585.00	Per Session \$65.00 \$61.75 \$58.50
	Members		Non-Members	
	Members		Non-Memb	oers

Email Sam Pardoe on spardoe@courthouse.bm or call 297 8357 for further details.