

TFRC Personal Training

Packages

Specializing in individual, partner and pre and post natal training

1/2 Hour Session - \$20

1 Hour Session - \$30



10 Hour Package - \$250 - Maybe one day you have 1 hour of time to spend with the personal trainer, another day it may only be 30 minutes. Time is deducted in minutes from the 10 hour package.

Partner Training - \$400 - 10 1 hour sessions for you and one other person, each additional person \$150

Look at Me Now - \$300 - 6 week program, 2 sessions per week .

All programs come with a FREE consultation and FREE online support

Personal Trainers

Sonya Maracle - Personal Training Specialist and Pre and Post Natal Fitness Specialist — Canadian Fitness Professionals (Can Fit Pro)

Jayna Leland - Personal Training Specialist — Canadian Fitness Professionals (Can Fit Pro)



Why Hire A Personal Trainer

Motivation

Develop a plan that works for you

Break through plateaus

Learn to workout on your own

Safety

Train for a specific event

Lose weight

