

Tyendinaga Fitness Resource Centre

(613) 962-2822 14 York Rd. Shannonville

tyfitnessres@mbq-tmt.org

One On One Training for Success

PERSONAL TRAINER

Sonya Maracle

Personal Training Specialist and
Pre and Post Natal Fitness
Specialist- Canadians Fitness
Professionals (Can Fit Pro)

WHY HIRE A PERSONAL TRAINER?

- Motivation
- Develop a plan that works for you
- Break through a plateaus
- Safety
- Train for a specific event
- Lose weight



SINGLES

½ HOUR SESSION \$20.00

1 HOUR SESSION \$30.00

PACKAGES

10 HOUR PACKAGE \$250.00

*One day you can use 30 minutes
the next day you can use 1 hour.
Time is deducted in minutes for
the 10 hours.

PARTNER TRAINING \$400.00

Ten 1 hour sessions for you and
one other person.

Each additional person \$150.00

FIT LITTLE BRIDE \$300.00

6 week program- 2 sessions a
week.

All Programs come with a **FREE** consultation and **FREE** online support

100% of proceeds towards TFRC revenue & keeping our fees low

*Includes membership fee