



Train with a friend. Save money and have fun.

Partner Training is a fun and effective way to get the most out of your workouts while reducing the cost per person of your private sessions. This program is ideal for couples, friends, and co-workers. It allows you to provide support, motivation, and commitment for each other under the guidance and direction of a qualified professional who understands your individual needs and goals. It is recommended that two private sessions be completed prior to entering into a partner program.

Changing your lifestyle and your habits toward health isn't easy. Our consultants will teach you what you need to know for a life time and guide you through the process of change.

AT-A-GLANCE

We have designed our services to help you put good health and fitness into your lifestyle instead of requiring your lifestyle to drastically change to accommodate fitness.

Our private fitness training studio in downtown Vancouver is complete with hardwood floors, vaulted ceilings and a beautiful view. Complimentary towel service large lockers and fresh spring water make our facility the perfect exercising environment. We limit the usage of the facility through effective scheduling to prevent crowding to any degree.

Comprehensive nutrition services are available and can be packaged with our other services. See our nutritional consulting services sheet for more detailed information.

One Month Training Package: (single partner lesson: \$110.00)

Amount:	Sessions	Cost per session:	Total Cost:
1x/week	4	\$50.00	\$200.00
2x/week	8	\$46.70	\$373.00
3x/week	12	\$43.30	\$519.00
4x/week	16	\$40.00	\$640.00

Three Month Training Package-5% Discount

Amount:	Sessions	Cost per session:	Total Cost:
1x/week	12	\$47.50	\$570.00
2x/week	24	\$44.36	\$1064.76
3x/week	36	\$41.13	\$1480.86
4x/week	48	\$38.00	\$1824.00

Six Month Training Package-10% Discount

Amount:	Sessions	Cost per session:	Total Cost:
1x/week	24	\$45.00	\$1080.00
2x/week	48	\$42.03	\$2017.44
3x/week	72	\$38.97	\$2805.84
4x/week	96	\$36.00	\$3456.00

One Year Package-20% Discount

Amount:	Sessions	Cost per session:	Total Cost:
1x/week	48	\$40.00	\$1420.00
2x/week	96	\$37.36	\$3586.00
3x/week	144	\$34.64	\$4988.00
4x/week	192	\$32.00	\$6144.00