



Our most comprehensive, long-term personal training service.

Private Training is a one-on-one service designed to focus attention entirely on your needs to make sure you reach your goals safely and effectively. Highly qualified and experienced professionals who understand your needs and your time and lifestyle challenges deliver CITAHEALTH's high quality service. To allow you to examine our service, your first consultation is free. Contact us to book your first appointment or to let us answer any questions you may have.

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.

Single session \$68.00

One Month Training Package:

Amount:	Sessions	Cost per Session:	Total Cost:	Savings:
1x/week	4	\$67.00	\$268.00	\$4.00
2x/week	8	\$66.00	\$528.00	\$16.00
3x/week	12	\$65.00	\$780.00	\$36.00
4x/week	16	\$64.00	\$1024.00	\$64.00

Three Month Training Package:

Amount:	Sessions	Cost per Session:	Total Cost:	Savings:
1x/week	12	\$63.00	\$756.00	\$60.00
2x/week	24	\$62.00	\$1,488.00	\$144.00
3x/week	36	\$61.00	\$2,196.00	\$252.00
4x/week	48	\$60.00	\$2,880.00	\$384.00

Six Month Training Package:

Amount:	Sessions	Cost per Session:	Total Cost:	Savings:
1x/week	24	\$59.00	\$1,416.00	\$216.00
2x/week	48	\$58.00	\$2,784.00	\$480.00
3x/week	72	\$57.00	\$4,104.00	\$795.00
4x/week	96	\$56.00	\$5,376.00	\$1152.00

One Year Training Package:

Amount:	Sessions	Cost per Session:	Total Cost:	Savings:
1x/week	48	\$55.00	\$2,640.00	\$624.00
2x/week	96	\$54.00	\$5,184.00	\$1344.00
3x/week	144	\$53.00	\$7,632.00	\$2160.00
4x/week	192	\$52.00	\$9,984.00	\$3072.00

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.