

# Personal Training



Igor



Kostas T  
Personal Training Coordinator



Gabriella



Dimitri

*“An excellent start up program for beginners or those who want to expand their capacity.”*



Maureen



Kostas B.

One week has 168 hours. All you need to give yourself is 3 hours a week to improve your health, increase your energy, stamina, endurance, strength and overall body composition.



Ioana



Gary

By investing your time with a personal trainer your workouts will become safe, effective and time efficient. Your trainer will assist you in achieving your health, fitness and/or performance objectives.



Lawrence



Jean Luc



Adam



Tony



Katya



Erick



Wade



Jennie

|                   |                                |                    |                                |
|-------------------|--------------------------------|--------------------|--------------------------------|
| 1 Session         | from \$70 - \$80 per session * | 5 Session Package  | from \$60 - \$70 per session * |
| 3 Session Package | from \$65 - \$75 per session * | 10 Session Package | from \$55 - \$65 per session * |

\* Rates vary with Trainers

H.S.T. applicable

Please contact Membership office or Kosta at 416.789.7011 ext. 243 for details.