

Rates for service

The below should be seen as a guide only, please contact for specific rates.

Rates may be cheaper or more expensive depending upon payment method, number of sessions, type of service etc.

• Personal Training (One on one)

It is recommended that all new clients purchase a discounted 6 session pack for \$300.

Your first session is a double session including fitness assessment and goal setting \$66 (2-3 people) \$35/\$30

pp (Corporate " depends on numbers & activity) • Group Fitness from \$15pp • Massage (Individual clinic/mobile) \$70 /

\$90 • Massage (corporate " min 3 hours) \$55 ph • Healthy Heart Analysis (Individual) - 2 hour full assessment \$120

pp • Healthy Heart Analysis (Corporate & group discount) \$50 pp • Online Personal Training/Nutrition (bi-monthly) • \$110 • "œœ

in One • Trainer from... \$300 (day)