



**Focus Personal
Fitness Studio
Rate Card**

FOCUS PERSONAL FITNESS STUDIO

PERSONAL TRAINING

	1 Hr	30 Min
Single Session	\$68	\$51
5 Pack	\$330 (\$66)	\$240 (\$48)
10 Pack	\$640 (\$64)	\$450 (\$45)
20 Pack	\$1240 (\$62)	\$840 (\$42)
30 Pack	\$1860 (\$62)	

NEW MEMBER START UP PACKAGE

(Only available to new members within 30 days of joining)

	1 Hr	30 Min
8 Pack	\$399 (\$49.88)	\$299 (\$37.38)
Welcome Back (5)	\$250 (\$50)	

SMALL GROUP PERSONAL TRAINING (2-4 Members)

	1 Hr	30 Min
Single Session	\$48	
5 Pack	\$230 (\$46)	
10 Pack	\$430 (\$43)	
20 Pack	\$820 (\$41)	
Cardio - Unlimited Monthly	\$45	

GROUP TRAINING CLASSES

	Per Session
Single Session	\$22
5 Pack	\$90 (\$18)
10 Pack	\$155 (\$15.50)
Unlimited Monthly	\$134
Two Week Trial	\$35

FITNESS ASSESSMENTS

	1 Hr	30 Min
Single Session	\$72	\$34

Prices subject to change without notice. HST is applicable to all prices.