

OUTDOOR PERSONAL TRAINING



- Enhance the quality of workouts with cutting edge training techniques
- Improved motivation and accountability
- COVID-19 safety protocols will be followed
- Appointments made at your convenience in a mutually agreed upon park

All prices subject to HST

Effective March 30, 2020

# of sessions	Rates		Group Rates (2-4 people)
	30 Minutes	60 Minutes	60 Minutes
1	\$32.20	\$51.06	\$63.27
5 (prepaid)	\$155.25	\$224.20	\$299.70
10 (prepaid)	\$287.50	\$460.65	\$571.65

Sign up today and start achieving your fitness goals!
905-642-7529 ext. 5325 or 5328

craig.baillie@townofws.ca
barb.armstrong@townofws.ca