

PERSONAL TRAINING RATES INCREASE

Personal Training rates will increase by 5% September 1st, 2024 (the last fee increase was in 2017). This change will allow us to continue to deliver exceptional Personal Training services while remaining aligned with other municipalities.

Private Sessions will now be offered in packages of 1, 3, 6, and 10, to better suit our client and trainer needs. Package discounts are available with a 5% discount for 3 sessions, a 10% discount for 6 sessions and a 12% discount for 10 sessions. The more you buy, the more you save!

PRIVATE 1 HOUR SESSIONS:

Packages	Current Fees	Packages as of September 1 st , 2024	Fees as of September 1 st , 2024
1 Session	\$65	1 Session	\$68
2 Sessions	\$130	3 Sessions	\$194
5 Sessions	\$293	6 Sessions	\$367.50
10 Sessions	\$520	10 Sessions	\$598.40

SEMI-PRIVATE 1½ HOUR SESSIONS:

Packages	Current Fees	Packages as of September 1 st , 2024	Fees as of September 1 st , 2024
1 Session	\$110	1 Session	\$115
3 Sessions	\$305	3 Sessions	\$327.75
5 Sessions	\$495	6 Sessions (new package)	\$621

FAQ

1. Why have the prices gone up?
 - Program fees are reviewed annually. While most program fees increase every year, Personal Training fees have not increased since 2017.
 - The new fees are in alignment with neighbouring municipalities while remaining competitive in the current market.
2. Why isn't there a 15-pack anymore?
 - We have simplified the packages to align with trainer needs and client preferences based on statistics of packages purchased 2019-2024.
 - You can still get great discounts on packages of 6 and 10. If you would like to purchase more than that at one time you can purchase multiple packages at once!
3. I have been a client for years. Can I receive a grandfathered price?
 - Unfortunately, we are unable to grandfather old program fees for any participants. The new fees will apply to all Personal Training clients past, current, and future.
 - We encourage you to purchase sessions at the current prices to save before the changes come into effect on September 1st, 2024!
4. Will this change affect any unused sessions I have already purchased?
 - The new prices come into effect September 1st, 2024. Any Personal Training sessions purchased prior to September will be valid to use until they expire (2 years after date of purchase).