

CANADA GAMES COMPLEX FITNESS COACHING

Are you looking to make a change??

If so, the Canada Games Complex Personal Fitness Coaching is for you! Whether you are new to fitness and want to learn, change body recomposition, improve in a sport, or just plain feel great! Our top-quality coaches:

Possess strong educational backgrounds in Exercise Science.

Have the passion to motivate you on your journey to live a healthy and active lifestyle.

Provide individualized programming based on your personal needs or the needs of your group! There's something for everybody at the Canada Games Complex!

Below is a list of our packages, ranging from privates to small group competitively priced to ensure accessibility to all!

Fitness Coaching Costs (Prices subject to HST – Savings based on each session)			
Number of Sessions/Package	Private	Semi-Private (Each)	Small Group (3 to 4 people, each)
6	\$336.60	\$244.80 ea.	\$183.60 ea.
12	\$612.00	\$440.64 ea.	\$318.24 ea.
24	\$1101.60	\$783.36 ea.	\$538.56 ea.
48	\$1958.40	\$1468.80 ea.	\$979.20 ea.

Once a session package is purchased it is up to you and the Coach to determine the frequency of attendance based on your goals (2 days/wk, 3 days/wk, etc.). You are purchasing the time of the Coach, 1 Session = 1 Hour.

Please phone 684-3338 to book your free consultation and take the first step toward change.



Canada Games
Complex

Something for Everybody!

CANADA GAMES COMPLEX
www.thunderbay.ca/thekey

AQUATICS & FITNESS

**CITY OF
Thunder Bay**
Superior by Nature

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