



**NOBLETON (AS OF MARCH 15, 2017)**

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**PERSONAL TRAINING**

**SESSION PACKAGES – PAY ASYOU GO:** Full payment required at the start of a package. See Policies at bottom of page for details.

1-9 sessions (45 minutes- 1 hour) - \$75/session (+ tax)  
 10+ sessions (45 minutes - 1 hour) - \$65/session (+ tax)

**3 MONTH CONTRACT**

# of Sessions Per Week	1 hour Sessions	45 minute Sessions	30 minute Sessions
5	\$55/session \$1,100/mth	\$50/session \$1,000/mth	\$40/session \$800/mth
4	\$62/session \$990/mth	\$51/session \$815/mth	\$42/session \$670/mth
3	\$63/session \$755/mth	\$52/session \$625/mth	\$43/session \$515/mth
2	\$65/session \$520/mth	\$55/session \$440/mth	\$45/session \$360/mth
1	\$70/session \$280/mth	\$60/session \$240/mth	\$50/session \$200/mth

\*Taxes not included in pricing. Financing fee not applicable.

**Policies & Procedures:** Session day (s) and time (s) are pre-booked and offer a reduced rates as holidays such as Family Day, Easter, Victoria/Canada/Civic/Labour Day, Thanksgiving and Christmas have been included as days off in the pricing as Revive Fitness is closed on these days. Any sessions missed by the client for illness or other offer limited flexibility or make up sessions. The trainer will try their best to hold a make up but it is not guaranteed. Monthly post dated cheques or Credit Card required at the start of a package.

**SEMI PRIVATE or IN-HOME:** Semi Private-Add \$10/person/session to \$75/session In-home-add \$20/session (+ tax).

**POLICIES:** In an effort to keep you committed to your training and due to lack of turn around time, cancellations under **24 hours notice will be charged**. Thank you in advance for understanding. Sessions expire after 1 year, are not transferable or hold any cash value. They may not be refunded or credited unless the BUY OUT option is requested (see below) and have no guarantee of trainer. At times, trainers may not remain with Revive Fitness for personal or professional reasons. At that time sessions remain with Revive Fitness and an alternative trainer is appointed to a client. Earlier termination of a contract is available through a Buy Out option. A Buy Out requires a pay out of the balance of the amount owing based on the price difference of the package purchased and the closest

## **GROUP TRAINING CLASSES WINTER 2017**

If Personal Training doesn't sound like it's for you, check out our Pre-Registered Group Classes below:

<b>PICK Time/Day</b>	<b>Mon</b>	<b>Tues</b>	<b>Thurs</b>	<b>Sat</b>
<u>9:30-10:15 am</u>				Cross Training
<u>6:00-6:45 pm</u>	Pump It			
<u>7:30-8:15 pm</u>		Boot Camp	Boot Camp	

**Legend:** **Cross Training/Boot Camp**-a blend of cardio and muscle conditioning, **Pump It** -high repetition, light/moderate strength training

### **GROUP TRAINING Registration Details**

**Weeks:** Choose a class(es) for 10 weeks **Dates:** Jan 3 (Gym Closed Family Day Feb 20) ends Mar 9<sup>th</sup>

Class day(s) & time(s) is pre-set and pre-registration is required. **Cost:** \$100/program (tax incl) Pro-rating available.

**Membership Option:** If you plan on attending 3 or more classes per week this is the option for you! There is more than 50% in SAVINGS!!! For \$85/month (+ tax) you have access to unlimited classes on the schedule and if you have someone else from your household join the 2<sup>nd</sup> person is 50% off and pays only \$42.50/month (+ tax). The commitment is for 1 year and you will love the results of this program! \*Policies and Procedures apply.

## **FASCIA STRETCH THERAPY (FST)**

Fascia Stretch Therapy is a unique, complete and complementary system of table-based assisted stretching, focusing on the fascia and joint capsule as the key elements in achieving optimal flexibility, strength, performance and pain relief. Fascia is a network of layered connective tissue that surrounds muscles, bones and joints. A joint capsule is also a connective tissue structure that surrounds joints and is involved in optimizing the mechanical function of the joint as well as gives it nutrients. When the fascia and joint capsules are restricted it can cause: Decreased joint space which can lead to degenerative joint diseases and osteoarthritis, increased muscle tone which can lead to trigger points, strains, tendonitis and tears and decreased blood flow and energy levels, and much more

### **Benefits of FST**

- Reduced and eliminated chronic pain, Improved flexibility and mobility
- Improved posture, balance and symmetry of the body, Restoration of joint space (anti-aging)
- Improved injury rehabilitation,
- Releases endorphins (natural pain suppressants) Improved strength, Decreased stress
- Improved circulation
- Reduced risk of injuries, Improved athletic and sports performance
- Decreased muscle soreness, Improved physical and emotional well-being

**What can I expect from a FST session?** FST sessions are performed on massage type table equipped with comfortable padded straps that stabilize the parts of the body not being worked on. Clients typically wear loose-fitting or athletic clothing. Flexibility sessions resemble a fluidly choreographed dance between the therapist and client while you breathe and ease into a gradual series of gentle, but deep stretching movements. The experience is relaxing and pain-free. In fact, many clients "zone-out" while being stretched and wake up with what feels like an entirely new body!

**PRICING** Fascia pricing is the same as **PERSONAL TRAINING PRICING** (see front of sheet)