



Power of Progress

Power of Progress is ... your In-home personal training & fitness class connection

Class Fees

Classes are conducted with a minimum of 3 people to a maximum of 8 people. Pricing for 5 to 8 people for 16 sessions are a \$17.00 flat rate per session, so gather up your friends, family and neighbours, for great savings! But if you prefer a smaller, even more personalized class of 3 or 4, we have that option for you too!

5 to 8 people

# sessions	\$ per session per person	total per person
12 (approx. 6 wks)	\$19.50	\$234.00
16 (approx. 8 wks)	\$17.00	\$272.00

4 people

# sessions	\$ per session per person	total per person
12 (approx. 6 wks)	\$27.50	\$330.00
16 (approx. 8 wks)	\$25.00	\$400.00

3 people

# sessions	\$ per session per person	total per person
12 (approx. 6 wks)	\$32.50	\$390.00
16 (approx. 8 wks)	\$30.00	\$480.00

Personal Training Fees

3 people - group

# sessions	\$ per session per person	total per person
12	\$32.50	\$390.00
16	\$30.00	\$480.00
24	\$30.00	\$720.00

2 people - partner

# sessions	\$ per session per person	total per person
12	\$42.50	\$510.00
16	\$40.00	\$640.00
24	\$40.00	\$960.00

1 person - single

# sessions	\$ per session per person	total per person
12	\$62.50	\$750.00
16	\$60.00	\$960.00
24	\$60.00	\$1440.00

4 people + we consider a possible class. Please take a look at our class options. If after reviewing the classes you and your group still feel that you would prefer something other than what is offered, please contact us, either via email or via phone at 604-809-3488, and we will do our best to accommodate your request.