**Weekly Price List**

* **1 x 30 Minutes = $45 per session**
* **2 x 30 Minutes = $40 per session (save $5 per session)**
* **3 x 30 Minutes = $35 per session (save $10 per session)**

**More than just a workout**

* **Specific and personalised sessions tailored just for you.**
* **Programming and guidance for when you’re training alone.**
* **Food diary review and ongoing accountability.**
* **Goal Setting & Motivation.**
* **Measurements & assessments regularly tracked (approx every 8 weeks).**
* **Access to my PT Facebook Page - helpful training, nutrition, mind & body**

**advice.**

**[](http://www.google.com.au/imgres?q=inspiring+fitness+pictures&start=227&hl=en&sa=X&qscrl=1&rlz=1T4SKPB_enAU359AU367&biw=1622&bih=819&tbm=isch&prmd=imvns&tbnid=k7Pireu0CYKSKM:&imgrefurl=http://davidkanigan.com/&docid=GLGWLGT9iBdjdM&imgurl=http://davidkanigan.files.wordpress.com/2012/09/work-out-inspiration-run.png?w=600&w=500&h=357&ei=TnpVUP6WKciyiQeFrYCwAw&zoom=1&iact=hc&vpx=740&vpy=147&dur=5204&hovh=190&hovw=266&tx=220&ty=120&sig=107103748746880454073&page=7&tbnh=140&tbnw=211&ndsp=42&ved=1t:429,r:4,s:227,i:144)[](http://www.google.com.au/imgres?q=inspiring+fitness+pictures&hl=en&sa=X&qscrl=1&rlz=1T4SKPB_enAU359AU367&biw=1622&bih=819&tbm=isch&prmd=imvns&tbnid=IbLMYPBlST1ViM:&imgrefurl=http://weheartit.com/entry/21007856&docid=a3sY0bVpF9TQFM&imgurl=http://data.whicdn.com/images/21007856/Nike_YesterdayTomorrow_large.jpg&w=500&h=414&ei=bXdVUJLIC6qViAeJjIDoBw&zoom=1&iact=hc&vpx=692&vpy=54&dur=1694&hovh=204&hovw=247&tx=142&ty=122&sig=107103748746880454073&page=1&tbnh=137&tbnw=131&start=0&ndsp=32&ved=1t:429,r:3,s:0,i:82)**

***“At one point in your life, you'll have the thing you want or the reasons why you don't”.***

***– Andy Roddick***