**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.**

****

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

***– Andy Roddick***