

Personal Training

Pricing Schedule

One on One Training (includes training programme)60min	\$70.00
Shared One on One Training for 60min	\$45.00/person
One on One Training for 30min	\$45.00
10 Personal Training Concession fee *conditions apply	\$600.00
Fitness Assessment/60mins	\$70.00
One on One Training (60min) + Nutrition (30min)	\$110.00

Nutrition

Pricing Schedule

Nutrition Consultation includes Nutrition plan /60min	\$70.00
Nutrition Follow-up 20mins	\$45.00
Bodyfat Measurements / 40min	\$35.00

Boot Camp

Pricing Schedule

Free Trial First Session 50min	FREE
Per Session 50min	\$20.00
10 Boot Camp Concession	\$150

- PRICING IN NZ\$
- PRICING INCLUDES GST
- PRICES SUBJECT TO CHANGE WITHOUT NOTIFICATION

Payment Options

Payment is required up front and in full at the time of consultation either by cash, or cheque. Cannot accept eftpos or credit card.

Cancellation procedure

I understand that situations happen that are outside of your control and you may not be able to make a training session.

If you need to cancel or reschedule a session, please give me at least 24 hours notice.

Please note: when cancelling, if at least 24 hours notice has not been given full payment will be expected.