

Investing in a Personal Trainer pays off

Accountability and motivation
 Measurable results
 Learn good techniques and form
 Injury prevention

PERSONAL TRAINING – 25 MINUTES

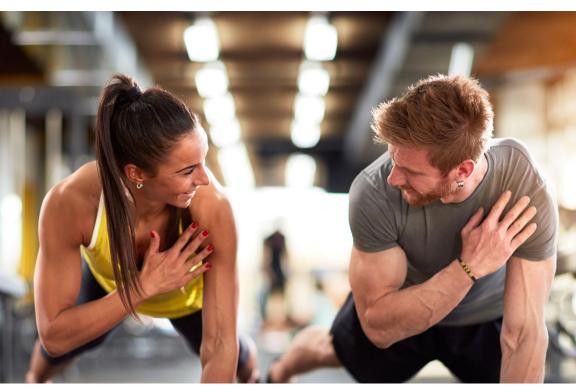
Personal Training	Single 25	Pkg 5/25	Pkg 10/25	Pkg 20/25
Level 1 (Certified)	\$40.00	\$190.00	\$360.00	\$680.00
Level 2 (Advanced)	\$45.00	\$213.75	\$405.00	\$765.00
Level 3 (Elite)	\$50.00	\$237.50	\$450.00	\$850.00
Buddy Training	Bdy 1/25	Bdy 5/25	Bdy 10/25	Bdy 20/25
Level 1 (Certified)	\$60.00	\$285.00	\$540.00	\$1020.00
Level 2 (Advanced)	\$65.00	\$308.75	\$585.00	\$1105.00
Level 3 (Elite)	\$70.00	\$332.50	\$630.00	\$1190.00

WHAT ARE YOU WAITING FOR? BOOK A PACKAGE TODAY!

FOR MORE INFORMATION CALL 297 8357

www.courthouse.bm





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PERSONAL TRAINING – 55 MINUTES

Personal Training	Single 55	Pkg 5/55	Pkg 10/55	Pkg 20/55
Level 1 (Certified)	\$70.00	\$332.50	\$630.00	\$1190.00
Level 2 (Advanced)	\$80.00	\$380.00	\$720.00	\$1360.00
Level 3 (Elite)	\$90.00	\$427.50	\$810.00	\$1530.00
Buddy Training	Bdy 1/55	Bdy 5/55	Bdy 10/55	Bdy 20/55
Level 1 (Certified)	\$90.00	\$427.50	\$810.00	\$1530.00
Level 2 (Advanced	\$100.00	\$475.00	\$900.00	\$1700.00
Level 3 (Elite)	\$110.00	\$522.50	\$990.00	\$1870.00

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Investing in Pilates Reformer Training pays off

Great for Use for w			 Exercise through pregnancy Increase your flexibility 		
Private Training	Members		Non-Members		
25 Minute Sessions Single 25-minute Session 5 Sessions (5% Discount) 10 Sessions (10% Discount)	Cost \$55.00 \$261.25 \$495.00	Per Session \$55.00 \$52.25 \$49.50	Cost \$65.00 \$308.75 \$585.00	Per Session \$65.00 \$61.75 \$85.50	
	Members		Non-Members		
55 Minute Sessions Single 55-minute Session 5 Sessions (5% Discount)	Cost \$95.00 \$451.25	Per Person \$95.00 \$90.25	Cost \$105.00 \$498.75	Per Person \$105.00 \$99.75	

10 Sessions (10% Discount) \$855.00

Email Sam Pardoe on spardoe@courthouse.bm or call 297 8357 for further details.

\$85.50

\$945.00

\$94.50