



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!



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- ✔ Accountability and motivation
- ✔ Measurable results
- ✔ Learn good techniques and form
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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

WHAT ARE YOU WAITING FOR? BOOK A PACKAGE TODAY!

FOR MORE INFORMATION CALL 297 8357

www.courthouse.bm



Investing in Pilates Reformer Training pays off

- ✓ Great for rehabilitation
- ✓ Use for weight loss
- ✓ Exercise through pregnancy
- ✓ Increase your flexibility

Private Training

Members

Non-Members

25 Minute Sessions

	Cost	Per Session	Cost	Per Session
Single 25-minute Session	\$55.00	\$55.00	\$65.00	\$65.00
5 Sessions (5% Discount)	\$261.25	\$52.25	\$308.75	\$61.75
10 Sessions (10% Discount)	\$495.00	\$49.50	\$585.00	\$85.50

Members

Non-Members

55 Minute Sessions

	Cost	Per Person	Cost	Per Person
Single 55-minute Session	\$95.00	\$95.00	\$105.00	\$105.00
5 Sessions (5% Discount)	\$451.25	\$90.25	\$498.75	\$99.75
10 Sessions (10% Discount)	\$855.00	\$85.50	\$945.00	\$94.50

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