

Personal Training

LACKING MOTIVATION?

STUCK ON A PLATEAU?

**FINDING EXCUSES
NOT TO WORK OUT?**

**WANT TO TAKE YOUR FITNESS
TO A WHOLE NEW LEVEL?**

Personal Training is a specialised one on one session delivered by a professional trainer to help you maximise your health and fitness goals. Weight loss, strength and conditioning, cardiovascular training and sport orientated goals are all areas that we specialise in.

Fully qualified trainers are here to help you achieve the best possible results!

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Personal Training

One-On-One Sessions

30 minute session **\$47.50**

Buy Block Sessions and SAVE

5 x 30 minute sessions **\$213.75**

10 x 30 minute sessions **\$427.50**

Small Group PT Sessions*

20 x 30 minute sessions **\$207.00**

1 hour session blocks also available!

Partner PT

Reduce the cost of PT & train with a friend. Only \$100 extra on all block session packages!

*Conditions apply to Small Group PT sessions.