



Gym Service Fees

Nutrition Program

consult/2 week meal plan
2 BCA (body composition analysis)

\$60

Weight Management Program (WMP)

8 week

Educational program about your body type and how to achieve your goal weight. Weekly accountability sessions, 2 week meal plan, food logs, daily supportive emails and check-ins.

\$140 (Program only)

\$200 (Program includes gym or pool membership)

Personal Training

\$ 65 1 session

\$ 180 3 sessions (60/hour)

\$ 330 6 sessions (55/hour)

\$ 400 8 sessions (50/hour)

(Please phone the gym for couple's rates.)