



1:1 PERSONAL TRAINING

INTRODUCTORY PKG: 3 SESSIONS	\$150
SINGLE SESSIONS (1-4)	\$75 EACH
5 SESSIONS	\$365
10 SESSIONS	\$700
15 SESSIONS	\$1020

PAYMENT DETAILS

NEW: Tax

Effective January 2025 I will be charging GST/HST on all services. Prices shown do not include tax.

Discounts

10% off any service/package for military, police and first responders

Applies to active, retired and immediate family members [partner/child]

*Does NOT apply to sales pricing OR Introductory Personal Training Package.

Method of Payment

E-Transfer or Credit Card options.

Payment Plans

Payment plans available for Personal Training Packages.



CONTACT DETAILS

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