Move 'n' Improve Personal Training

Mobile Personal Training – In Your Home or Local Park

PERSONAL TRAINING

Health & Fitness Investment Options

Value your health & fitness... Value yourself and your life!

Training in your home or local park:

In your home:	1 single session:	$50 for 30 minutes $ 70 for an hour
Couples/tandem (train together):		$65 for 30 minutes $100 for an hour
Couples/tandem (individual training, back to back sessions):		**$75** for 30 minutes each **$115** for an hour each
Outdoor cardio:		$45 for 30 minutes any additional person $10 $65 for an hour any additional person $10

Training in your trainer's home:

In studio:	1 single session:	$30 for 30 minutes $55 for an hour
Couples/tandem session:		$20/each for 30 minutes $35/each for an hour
Outdoor cardio Wynnum Esplanade:		$35 for 30 minutes any additional person $10 $55 for an hour any additional person $10

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