

PERSONAL TRAINING PACKAGES



OUR FULLY CERTIFIED AND DYNAMIC PERSONAL TRAINING TEAM WILL MOTIVATE AND GUIDE YOU TO REACH YOUR HEALTH & FITNESS GOALS.

PACKAGES

GET STARTED PACKAGE	\$115.00
5 SESSIONS	\$322.00
10 SESSIONS	\$609.50

(prices do not include taxes)

FOR MORE INFO CONTACT US AT
FITNESS@DOVERCOURT.ORG OR
613-798-8950

TOP 10 REASONS TO USE A PERSONAL TRAINER



- Individualized programming for your fitness level & needs
- Motivation
- Efficiency: maximize workout time
- Help you reach your fitness goals
- Safety & injury prevention, through proper technique & correct posture
- Overcoming plateaus & pitfalls
- Professional guidance
- Variety through cross training

- Progression of workout routines – keeps it new & interesting
- Someone who cares about your health

START YOUR JOURNEY TOWARDS EXCEPTIONAL HEALTH: BOOK AN APPOINTMENT TODAY!

Call 613-798-8950 ext. 269 or email fitness@dovercourt.org