



TRAIN WITH US

@ Abilities Centre

1 Hour Personal Training

Single Session	\$64
5 Sessions	\$319
10 Sessions	\$616
15 Sessions	\$891
20 Sessions	\$1,144

1 Hour Couple Training

5 Sessions	\$522.50
10 Sessions	\$979
15 Sessions	\$1,469
20 Sessions	\$1,760
*Must be paid in full at the time of purchase	

6x30 Minute Sessions	\$195
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Small Group Training:

Want to workout in a group or with friends while saving money? Small group training is for you! We have a package of 10 sessions where you can decide to meet once or twice a week with your trainer, until your sessions are complete.

\$180 per person for 10 sessions

(min 4 participants - max 8)

Team Training:

Bring your team in and let our trainers take them through a workout designed specifically towards your team's sport. The training will include a variety of exercises, to develop muscle strength and increase flexibility, all while raising overall endurance and explosive power.

Minimum of 12 per team for 10 sessions:

\$135 per person

Under 15yrs (no tax)

\$165 per person

16yrs + and older

*Prices shown do not include HST

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