



## Personal Training Prices: One on One

1 x hour session a week: \$80 per week

1 x ½ hour session: \$50 per week

2 x 1 hour sessions a week: \$70 per session

2 x ½ hour sessions a week: \$45 per session

## Buddy Training:

Minimum 2 people max 4 people

1 x hour session: \$80 per week  
plus \$20 for every extra person

1 x ½ hour session: \$50 per week  
\$10 for every extra person

**Health Assessments \$50**

**Fitness Programs \$10 per week**

**[www.xercise.com.au](http://www.xercise.com.au)**