

## Personal Training

Whether you are a beginner looking to learn the basics of exercise, trying to lose those last 10 lbs or you want to push your fitness to the next level, our certified personal trainers can help. All personal training sessions will include access to our private personal training studio.

Each personal training session is 30 minutes long.

**Fee:** 10 sessions - \$128.40  
20 sessions - \$225.90

Call 519.688.3009 ext 4231 or email  
[msalt@tillsonburg.ca](mailto:msalt@tillsonburg.ca) to learn more.

