

SERVICES & RATES

GEOFF STARLING

PERSONAL TRAINING STARTER PACKAGE \$250 (3HRS)

Dive into the story of what has been holding you back from becoming more physically active, put a plan together for reversing it, and begin your journey with a customised training program. Includes initial counselling session plus two follow-ups. Available in-person and via video call.

MOVEMENT ASSESSMENT \$150 (90MIN)

Understand how your limbs and joints work together and unlock the potential of your body as a whole unit. Available in-person only

PHYSICAL ACTIVITY COUNSELLING \$150 (90MIN)

Discover the most effective ways to add regular physical activity into your busy life with this in-depth review and planning session. Available in-person and via video call

PERSONAL TRAINING \$125-165/HR

Meet your trainer at the gym for an hour of hands-on exercise, personalised for your specific goals and abilities. Available in-person and via video call.

SMALL GROUP TRAINING \$190-370/MO

Enter a community of like-minded individuals working towards similar goals to you in a supportive, judgment-free environment. Groups capped at six participants to ensure a high level of coaching. Available at various times across the week.

APP-BASED SUPPORT \$40-120/MO

Get the support you need without meeting at the gym. Includes individualised programming, video and text support plus access to team events and discounts. Available as stand-alone or in combination with other services.



Want to know more?

**Visit ywcalgary.ca/personaltraining
for more information or to book a session.**