

# SERVICES & RATES

## ACE RODRIGUEZ

### **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 \$150-170 (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 \$115/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](https://www.ywcalgary.ca/personaltraining)  
for more information or to book a session.**