



Adult Fitness & Functional Performance

(prices charts do not include 12% HST)

Pricing	1x Rekinect or Take Away Program	1x /week or 10 Sessions	2 or > x/week or 20 Sessions
1 on 1 Rekinect Training	\$90 / 60 min Session	\$75 / 60 min Session	\$65/ 60 min Session
Partner Training	\$55/ 60 min Session	\$50/ 60 min Session	\$45/60 min Session
Small Group Training (6-12 clients)	\$25 / 75 min Session	See Current Registration	See Current Registration
Large Group Training (12 + clients)	\$20 /75 min Session	See Current Registration	See Current Registration

Speciality 1 on 1 Programs

- 1x P2P Assessment + Take Home Rx = **\$120 + hst**
- 4x P2P Pkg (1x P2P Assessment, 2x Myofascial Release & Muscle Imbalance Training, 1x = Myofascial Stretch Therapy, Take Home Rx) = **\$399 + hst**
- Comprehensive P2P Pkg (1x P2P Assessment, 4x Myofascial Release & Muscle Imbalance Training, 4x = Myofascial Stretch Therapy, Take Home Rx, 1x follow-up) = **\$750 + hst**
- 4x sports specific training program & periodized Rx = **\$499 + hst**