

GENERAL MEMBERSHIP

Gym access, access to online library of programs and access to classes
\$35 per week

PERSONAL TRAINING

1:1 Personal Training - \$85 per session
Small Group Training (2-4 people) - \$130 per session

INDIVIDUALISED PROGRAMMING & PERSONAL TRAINING

Package 1: Individualised Programming via True Coach, gym access, class access
+ 1 PT per month
\$62 per week

Package 2: Individualised Programming via True Coach, gym access, class access
+ 1 PT per week
\$125 per week

REMOTE PROGRAMMING

Programming via True Coach, gym access, class access
\$45 per week

All payments are made via Direct Debit on a fortnightly basis on a Thursday

NUTRITION COACHING

6 Week Nutrition Program - \$550

90min Nutrition Consultation - \$60 per session

30min Nutrition Consultation - \$60 per session