

Lucy Lehman

NASM-Certified Personal Trainer
B.Ss. Kinesiology, M.Sc. Rehabilitation Science
Certified TRX® Suspension Trainer
Licensed Zumba® Fitness Instructor

Personal Training Rate Sheet

905-471-1650

113 Cornell Park Avenue
Markham ON L6B 1B6

Workout with your buddies to share the cost and get healthy together!

# Sessions / Time Period	Group Session Rate	One-on-One Session Rate	2	3	4	5
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8	\$ 115.00	\$ 60.00	\$ 57.50	\$ 38.33	\$ 28.75	\$ 23.00
taken over	Session total	\$ 480.00	\$ 460.00	\$ 306.67	\$ 230.00	\$ 184.00
1-Month	HST	\$ 62.40	\$ 59.80	\$ 39.87	\$ 29.90	\$ 23.92
2x/week	Total cost per person	\$ 542.40	\$ 519.80	\$ 346.53	\$ 259.90	\$ 207.92

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12	\$ 105.00	\$ 55.00	\$ 52.50	\$ 35.00	\$ 26.25	\$ 21.00
taken over	Session total	\$ 660.00	\$ 630.00	\$ 420.00	\$ 315.00	\$ 252.00
3-Months	HST	\$ 85.80	\$ 81.90	\$ 54.60	\$ 40.95	\$ 32.76
1x/week	Total cost per person	\$ 745.80	\$ 711.90	\$ 474.60	\$ 355.95	\$ 284.76

24	\$ 95.00	\$ 50.00	\$ 47.50	\$ 31.67	\$ 23.75	\$ 19.00
taken over	Session total	\$ 1,200.00	\$ 1,140.00	\$ 760.00	\$ 570.00	\$ 456.00
3-Months	HST	\$ 156.00	\$ 148.20	\$ 98.80	\$ 74.10	\$ 59.28
2x/week	Total cost per person	\$ 1,356.00	\$ 1,288.20	\$ 858.80	\$ 644.10	\$ 515.28

36	\$ 85.00	\$ 45.00	\$ 42.50	\$ 28.33	\$ 21.25	\$ 17.00
taken over	Session total	\$ 1,620.00	\$ 1,530.00	\$ 1,020.00	\$ 765.00	\$ 612.00
3-Months	HST	\$ 210.60	\$ 198.90	\$ 132.60	\$ 99.45	\$ 79.56
3x/week	Total cost per person	\$ 1,830.60	\$ 1,728.90	\$ 1,152.60	\$ 864.45	\$ 691.56

48	\$ 75.00	\$ 40.00	\$ 37.50	\$ 25.00	\$ 18.75	\$ 15.00
taken over	Session total	\$ 1,920.00	\$ 1,800.00	\$ 1,200.00	\$ 900.00	\$ 720.00
6-Months	HST	\$ 249.60	\$ 234.00	\$ 156.00	\$ 117.00	\$ 93.60
2x/week	Total cost per person	\$ 2,169.60	\$ 2,034.00	\$ 1,356.00	\$ 1,017.00	\$ 813.60

Your Wellness Program Includes:

Personal Wellness Assessment
Personal Training Sessions

Personal Wellness Coaching
Nutritional Counselling

Ongoing Assessment
Goal Tracker Results

Lucy Lehman is a Kinesiologist, NASM-Certified Personal Trainer and Wellness Coach with a Master of Science in Rehabilitation. With over 25 years of experience, Lucy has inspired and assisted many people to set and achieve their wellness goals through One-On-One or Group Personal Training, Personal Wellness Coaching and Counselling using Cognitive-Behaviour Therapy, Relaxation Methods and an unparalleled caring approach. As creativity and customization are important components, your program will be tailor-made not only to your Personal Wellness Goals but also to your preferences for exercise, nutrition and stress management. You choose the services and products that work best for you – a personalized, targeted strategy made even better with the lasting benefits of an experienced NASM-Certified Personal Trainer and Wellness Coach at your doorstep!

All sessions are invoiced and payable on a monthly basis in advance. We accept cash, personal cheques, Visa and MasterCard.