



# Personal Training

50 min sessions

## PT Rates

## PT PLUS

|                |      |      |
|----------------|------|------|
| Student        | \$40 | \$50 |
| Staff / Alumni | \$50 | \$60 |
| Public         | \$60 | \$70 |

### About our Personal Training

Our PT program pairs you with a qualified personal trainer who will guide you through tailored workouts, help keep you accountable, and support you in building strength, fitness and confidence.

### PT Plus

PT Plus connects you with our most qualified and experienced trainers. These trainers bring advanced coaching skills, deeper knowledge and a more personalised approach to strength, rehabilitation and performance - giving you a more premium training session, no matter what your goals might be.