



**MPOWER TRAINING RATES**

**1x 1on1 Personal Training Session – \$55**

**Student rate – \$45**

**10x or more 1on1 Personal Training Sessions – \$40**

**1x 2on1 Personal Training Session – 2x\$35 = \$70**

Level of Effectiveness	Visits / Week	\$/Week				\$/Month				\$/Year			
		Regular	Student	10 or more	2on1	Regular	Student	10 or more	2on1	Regular	Student	10 or more	2on1
High	5	275	225	200	175x2	1100	900	800	700x2	14300	11700	10400	9100x2
	4	220	180	160	140x2	880	720	640	560x2	11440	9360	8320	7280x2
Moderate	3	165	135	120	105x2	660	540	480	420x2	8580	7020	6240	5460x2
	2	110	90	80	70x2	440	360	320	280x2	5720	4680	4160	3640x2
Low	1	55	45	40	35x2	220	180	160	140x2	2860	2340	2080	1820x2

**No show policy**  
**Less than 24 hours notice - Full Charge**  
**Over 24 hours notice – No charge**

**GST Applies to all prices**