



FITNESS

ESSENTIALS

» **RPG TRAINING SYSTEMS**



FITNESS ESSENTIALS

Overview

Fitness Essentials is an 8-week program for anyone wanting to start their fitness journey off on the right foot, or to maintain strength, mobility and stamina.

This program is open to all ages and levels of experience, from first timers to experienced lifters. It will focus on movements more than muscles and strengthening from the inside out.

Timing

Guided sessions will run 2 days per week with an optional 1 x week self-guided training day for maximum results.

Monday and Wednesday from 11-12 and/or 12-1 pm*

Pricing

Fitness Essentials provides clients with:

- 2 x Week Guided training sessions
- 1 x Week Custom Strength Program
- Weekly Meal Plan
- Discounted Personal Training Rates
- Unlimited email access

only \$17 /session*

*Non-Members Price \$26/session

By Appointment Only

📞 416-898-1275

