



To my valued clients:

As of November 1st, 2022 KrisFit One-on-One and Partner Personal Training Rates will be increasing.

The decision to increase these rates was based on two primary factors. The first being increases in operating costs such as monthly gym rent, liability insurance, annual training federation membership dues, and, continuing education credits.

The second factor was in bringing the rates closer to the local market value. The rates below offer competitive pricing when compared to the rates of Calgary-based personal trainers with comparable expertise and experience.

Since the rates listed below do not take effect until November 1st, clients are welcome to pre-purchase training sessions now at the current rates, even if those sessions will take place after November 1st.

The rates, as of November 1st, are posted below:

One-on-One Rates:

3 session Package: \$285 plus GST (\$95/session)
10 Session Package: \$900 plus GST (\$90/session)
20 Session Package: \$1700 (\$85/session)
30 Session Package: \$2400 (\$80/session)

Partner Training Rates (per person, per session):

3 Session Package: \$180 (\$60 per person)
10 Session Package: \$550 (\$55 per person)
20 Session Package: \$1000 (\$50 per person)
30 Session Package: \$ 1350 (\$45 per person)

If you have any questions or concerns please don't hesitate to contact me directly.

Thanks Very Much,

Kristian Leach (KrisFit)

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