



JamiesonPlace

January 10, 2011

Dear Prospective and Existing Clients

We sincerely hope that you are achieving great results from your Personal Training experience at the Jamieson Place Fitness Centre. We would like to take this opportunity to thank you for your business and dedication to personal training. We greatly appreciate having you as part of our fitness centre community. Our goal is to exceed your expectations by providing you with a unique personal training experience by customizing your workouts.

In order to remain a competitive employer and ensure you continue to receive the best in training and service, we will be increasing the rates effective February 1, 2011. Our "Personal Trainer" level trainers possess their Bachelor in Kinesiology, a minimum of 1 post-degree certification, and a minimum of 6 months personal training experience. Our "Senior Personal Trainers" hold the above credentials plus 2 post-degree certifications, a minimum of 5 years experience, and are certified to work with individuals with most medical conditions and injuries. The chart below indicates the new rates which reflect the two levels of experience:

One-on-One Training	Personal Trainer	Senior Personal Trainer	Express Training (30min)	Personal Trainer	Senior Personal Trainer
Program Design	\$135	\$150	3 sessions	\$127	\$141
3 sessions	\$208	\$231	5 sessions	\$202	\$225
5 sessions	\$333	\$370	10 sessions	\$380	\$420
10 sessions	\$620	\$690			

  

Pair Training	Personal Trainer	Senior Personal Trainer
5 sessions	\$500	\$555
10 sessions	\$950	\$1050

For small group training rates, please inquire at the Fitness desk

Note: Prices do not include GST

We would like to extend the opportunity to purchase up to 40 sessions before February 1<sup>st</sup>, prior to the rates increasing. Please speak to your trainer or the fitness desk to get setup with more sessions. We strive to deliver outstanding value for your supplemental fitness services and will continue to enhance your fitness experience. We value the trust you have placed in the Jamieson Place Fitness Centre and we look forward to continuing to serve your health and fitness needs into the future.

If you have any questions regarding the new Personal Training rates, please contact me at 403-716-2007.

Sincerely,

Curtiss Matson  
Manager  
Jamieson Place Fitness Centre

