



Brenda Kent Strength and Fitness  
**Services and Pricing: Women's 40+ Coaching**

Coach Bren works with her clients at Fitstop Fitness for Women in Duncan. If you would like to workout at home or an alternate location, contact Brenda to discuss (additional fees may apply).

# Continuing Clients

You will experience the most significant results and find yourself achieving your goals (and more!) when you commit to regular workouts over time. Nothing happens overnight – it's all in what you put into it, and Coach Bren can help you stay motivated and focused on your goals! You have three options to continue your work with Brenda:

1. Sustain and Gain Monthly Plan
2. Ongoing Personal Training Sessions
3. Training Plan Refresh

## 1. SUSTAIN AND GAIN MONTHLY PLAN

This monthly plan is perfect for you if you want extra accountability, individual support, motivation, and consistent progress throughout the month. This plan is more than just personal training time with Brenda, it includes structured, regular planning and goal setting. To keep things fresh and engaging, move through plateaus, and continue to challenge your body/muscles, a new training plan is encouraged every 4-8 weeks when you are a Sustain and Gain Monthly Plan client.

This program will give you:

- **Weekly 30-min personal training sessions** – spend the first 30-min of your workout (2 hours spread over 4 sessions) with Brenda, getting hands on coaching and advice about the exercises and progression.
- **Personalized monthly goal setting** – you and Brenda will meet in person or by phone (15 min) to set monthly goals and plan for the month ahead, taking into consideration any possible barriers and added challenges (e.g. travel, special events, etc.).
- **Weekly accountability and encouragement to keep momentum** – each week, you get to respond to a brief email from Brenda which will ask you to reflect on the past week and look ahead to the coming week. Brenda will review and provide you with suggestions and encouragement.
- **Coach Bren's coaching tips and guidance** to your inbox to keep you focussed and engaged.

<b>Sustain and Gain Monthly Plan</b>  <small>Prices will have 5% GST added</small>	<b>\$220 per month</b> <b>Or</b> <b>\$200 per month</b> if you sign up for 3 months or more	New training plans would be at a discounted rate. Added instruction sessions recommended at \$80/hr. 1-2 workouts - \$75 3 workouts - \$95 4-5 workouts – \$105
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## ONGOING PERSONAL TRAINING SESSIONS

**Continuing clients may want to purchase ongoing personal training sessions.** Brenda will lead you through creative, safe, and effective strength and fitness workouts that meet your goals. (Training plans are extra.) Personal training sessions are terrific for you if you are:

- ☑ learning how to lift and want to be safe and build your confidence.
- ☑ wanting to take your strength training to a new level.
- ☑ needing additional accountability and support to achieve your goals.

<b>Personal Training Sessions</b>	Single sessions	\$80 per hour \$50 per 30-minutes	New training plans: 1-2 workouts - \$75 3 workouts - \$95 4-5 workouts - \$105
	4 sessions per month	\$80 per hour (\$320) \$50 per 30-minutes	New training plans at a discounted rate: 1-2 workouts - \$70 3 workouts - \$90 4-5 workouts - \$100
	8 sessions in a month (2x per week)	\$75/hour (\$600) \$45 per 30 min	
	12 sessions in a month (3X per week)	\$70/hour for (\$840) \$45 per 30-min	New training plans free every 1-2 months
<i>Prices will have 5% GST added</i>			

## TRAINING PLAN REFRESH

Continuing clients that are self-motivated and confident in the gym, and don't need as much in-person coaching time, may choose to purchase a new Training Plan that includes one in-person instruction session to go over the workouts. The difference between these three choices is how many days a week you want to work out and how much instruction time is offered.

A 30-minute additional check in may be required to re-set goals (\$50) and clients may wish to add on additional personal training sessions to have plenty of time to review the new workout together.

<b>Training plan refresh</b>	1-2 day training plan \$155	1 or 2 personalized workouts 1-hour in-person instruction Weekly Coaching Tips	Plan design: <del>\$100</del> Discounted to \$75 Instruction: \$80
	3 day training plan \$175	3 personalized workouts 1-hour in-person instruction Weekly Coaching Tips	Plan design: <del>\$140</del> Discounted to \$95 Instruction: \$80
	4-5 day training plan \$225	4 or 5 personalized workouts 1.5 hour in-person instruction Weekly Coaching Tips	Plan design: <del>\$160</del> Discounted to \$105 Instruction: \$120
<i>Prices will have 5% GST added</i>			