



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

Brenda 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).

New Client Packages

These new client packages give you:

- ☑ An Introductory Assessment with Brenda to make sure your program is perfect for your health, fitness and lifestyle.
- ☑ Personalized workouts that are progressive and help you consistently work towards your strength goals.
- ☑ Plenty of personal training time with Brenda.
- ☑ Regular check ins to ensure the workouts are working for you.
- ☑ Motivational coaching tips.

<p>Foundation Fit \$460 (\$90 discount)</p> <p style="font-size: small; color: #e91e63;">Prices will have 5% GST added</p>	<p>Do you want to lift weights 1–3 times per week? This package includes all the above with:</p> <ul style="list-style-type: none"> ☑ 1–3 personalized workouts ☑ 3 × 60-min personal training sessions with Brenda ☑ 2 × 15-min check-ins for questions, support, and accountability ☑ Weekly texts/emails from Brenda for encouragement and accountability ☑ Weekly Coaching Tips to your inbox ☑ Brenda is available for any of your questions/concerns.
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<p>Momentum Maker \$530 (\$125 discount)</p> <p style="font-size: small; color: white;">Prices will have 5% GST added</p>	<p>Do you want to lift weights 4-5 times per week? This package includes all the above with:</p> <ul style="list-style-type: none"> ☑ 4-5 personalized workouts ☑ 4 × 60-min personal training sessions with Brenda ☑ 2 × 15-min check-ins for questions, support, and accountability ☑ Weekly texts/emails from Brenda for encouragement and accountability ☑ Weekly Coaching Tips to your inbox ☑ Brenda is available for any of your questions/concerns.
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(The only differences between these packages are the number of personalized workouts and the amount of personal training time.)

ONGOING PERSONAL TRAINING SESSIONS

New clients can 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.

Personal Training Sessions <small><i>Prices will have 5% GST added</i></small>	Single sessions	\$80 per hour \$50 per 30-minutes	New personalized programs: 1-2 workouts - \$75 3 workouts - \$95 4-5 workouts - \$105
	4 sessions per month	\$80 per hour (\$320) \$50 per 30-minutes	New programs 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 programs free every 1-2 months
All new clients must complete a 1-hour Introductory Assessment to ensure personal training sessions are personalized, safe, and effective. \$80			

What is an Introductory Assessment and why is it important?

This is a chance for us to get to know each other and set the stage for a safe, effective training plan and a positive working relationship. You'll complete some intake forms, and we'll discuss your health history, lifestyle, injuries, and fitness goals. I'll guide you through basic movement patterns to assess your mobility and strength so that the program I create for you is challenging, safe, and accessible...and hopefully even enjoyable! You won't be doing a workout at the assessment but please wear workout clothes. If time allows, we can also do some optional baseline fitness tests. This important first step is the start of a strong trainer-client relationship and sets the stage for you to have a personalized training plan designed to achieve your goals.