



Brenda Kent Strength and Fitness
Services and Pricing: Women's 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

New client packages give you:

- ✓ An [Introductory Assessment](#) so your program is perfect for your health, fitness and lifestyle.
- ✓ [A training plan with personalized workouts](#) that are safe, progressive, and effective for you.
- ✓ Plenty of in-person [personal training time](#).
- ✓ [Regular check ins](#) to ensure the workouts are working for you.
- ✓ Motivational [coaching tips](#).

GOOD VALUE GREAT OUTCOMES 12 WEEK BOOST - STRENGTH & SUSTAIN

\$349/month for 3 months

Or \$997 paid in full
(save \$50)

Additional personal training sessions
\$75/hour discounted rate

**Plus GST*

A 12-week program to build strength, confidence, and lasting habits. Great if you are just getting started or returning after a break. Helps build the skills, momentum, safe technique, and consistency to reach your goals!

- ✓ Introductory assessment and goal setting
- ✓ A training plan with personalized workouts. Refreshed at 6-weeks.
- ✓ 4 x 60-min personal training sessions each month.
- ✓ Goal setting with weekly accountability and encouragement
- ✓ Regular Coaching Tips to your inbox.
- ✓ Clients may choose to add additional personal training sessions for greater results and confidence.



Coach Bren is readily available for any of your questions/concerns.



30-DAY STRONG START

\$485

2-3 different workouts

Good choice if you want a personalized training plan with in-person instruction, and plan to workout mostly on your own.

- ☒ Introductory assessment and goal setting.
- ☒ A training plan and personalized workouts.

\$550

4-5 different workouts

- ☒ 3 x 60-min personal training sessions (4 sessions with 4+ workouts).
- ☒ 1 X 30-min check-in for questions, support, and accountability.

- ☒ Regular Coaching Tips to your inbox.

- ☒ Clients may choose to add additional personal training sessions for greater results and confidence.

**Plus 5% GST*



Coach Bren is readily available for any of your questions/concerns.

All clients can purchase individual or multiple personal training sessions. Brenda will lead you through creative, safe, and effective strength and fitness workouts that meet your goals. (Training plans are extra.) **Save with multiple sessions per month!**



PERSONAL TRAINING SESSIONS

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	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

PLUS 5% GST

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.