



Personal Training

TEN X TORONTO offers result-based Personal Training sessions scheduled at your convenience and take place in our fully equipped state-of-the-art Technogym fitness facility.

Unlock your potential in a private coaching session individually tailored to meet your fitness goals. Our trainers connect with you to inspire and bring you to greater heights. We truly believe that movement is medicine and we challenge you to master new methods and keep your body functional at all ages.

PERSONAL TRAINING SESSIONS

60-Minute Sessions

<i>Number of Sessions</i>	<i>Total Cost for Session Package</i>
1	\$95.00
5	\$475.00
10	\$950.00

30-Minute Sessions

<i>Number of Sessions</i>	<i>Total Cost for Session Package</i>
1	\$55.00
5	\$275.00
10	\$550.00

SEMI-PRIVATE PERSONAL TRAINING

60-Minute Sessions

<i>Number of Sessions</i>	<i>Total Cost for Session Package</i>
1	\$125.00 (\$62.50/person)
5	\$625.00
10	\$1,250.00

**Sessions are \$62.50 per person.*

**Applicable taxes not included.*