



one-on-one programs,  
semi-private or group training  
designed for maximum  
efficiency & results

fitness coaching & goal setting

guidance & training by  
certified professionals

comfortable, low-key  
atmosphere

Next Level  
Training Available

Off ice & Off field  
Sports specific  
training for individuals  
or groups

# MAWSON HEALTH & FITNESS

## Variety of Specialties

- Sports-Specific Workouts
- Beginner Health and Fitness Programs
  - Private Small Group Training
  - Long-Term Fitness Coaching
    - Mature Fitness
- Aerobic and Anaerobic Training
  - Biking • Running
  - Stress Management
    - Nutrition
  - Resistance Training
    - Back Care

# PERSONAL TRAINING SESSION OPTIONS

## INDIVIDUAL SESSIONS

\$60.00 Per Hour

\$35.00 Per 1/2 Hour

STARTER PAC (3 - 1 Hour Sessions) \$165.00 (\$55/hour)

CONDITIONING PAC (5 - 1 Hour Sessions) \$250.00 (\$50/hour)

POWER PAC (10 - 1 Hour Sessions) \$480.00 (\$48/hour)

## ADDITIONAL PACKAGES

25 1 hour sessions \$1125 (\$45/hour)

50 1 hour sessions \$2150 (\$43/hour)

## SEMI PRIVATE TRAINING (2 PEOPLE) PACKAGES

Semi private 2 people packages

10- 1hour sessions \$380 (\$38/hour/person)

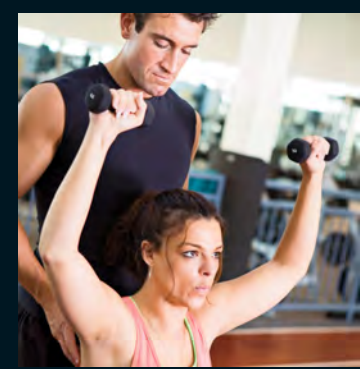
25- 1hour sessions \$875 (\$35/hour/person)

50-1 hour sessions \$1600 (\$32/hour/person)

## GROUP TRAINING (5 PEOPLE OR MORE) PACKAGES

1 hr session \$25 per person

Payment can be made in full by cash, debit, visa, mc,  
amex, cheque or in monthly installments.



## PERSONAL TRAINING

# MAWSON HEALTH & FITNESS

119-105th Street E., Saskatoon SK

306.477.4273

www.mawson-fitness.com

Gift Certificates Available

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# experience...



## Goal Setting

*One of the most important elements of a fitness program is a well defined goal. Appropriate goal setting helps you succeed by allowing you to evaluate your progress and modify or redirect your efforts. The more specific the goal, the better the chance of success.*

## Evaluating

*In this step, we evaluate your current fitness status. Only those health-fitness components directly affecting your goals will be evaluated.*

## Scheduling

*Convenient training sessions are scheduled. The number of workouts per week will be determined based on your goals.*

## Achieving

*It's time to work out! This is where you go for it! Your certified personal trainer will guide you through your entire workout session, providing you with as much motivation and instruction necessary for you to achieve your goals.*

## Reassessing/Maintaining

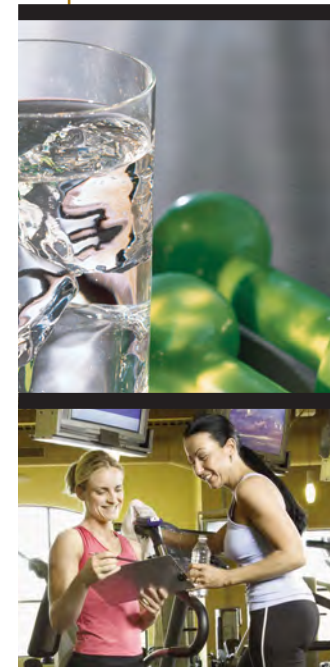
*Upon completion of the sessions, you can re-enroll for additional training sessions if appropriate. A maintenance program can be designed by your trainer in order to keep you on the right track.*

## Program Guidelines

Training packages must be paid for or financing arrangements must be made prior to the commencement of your training program.

Scheduling sessions with your trainer must be done directly and at the convenience of both you and your trainer. Please respect your trainer's schedule by giving 24-hour advance notice of cancellation.

Mawson Health & Fitness reserves the right to retain 100% of fees if sufficient notice is not given.



## We will help you:

- ✓ Feel good and get results
- ✓ Reach all of your fitness and lifestyle goals
- ✓ Feel in control of your life
- ✓ Reach peak performance
- ✓ Feel motivated and inspired to stay on track with your goals
- ✓ Feel safe, nurtured and cared for
- ✓ Change your life

**MAWSON**  
HEALTH & FITNESS

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You deserve the right to feel great about your workouts and your body! Let us help you find the fuel to feed the fire within you!

# results