



VITALITA
HEALTH & FITNESS

Personal Training | Packages

I will show you how to harness the tools to transform your life and achieve optimum health and wellbeing.

IGNITE - *This package is for you if you are new to training or want to turbo charge your existing regime.*

What you get:

- ✓ 1 x 30 min PT session / week
- ✓ 1 x Fitness assessment
- ✓ 1 x Postural assessment
- ✓ 1 x Body measurement

Investment: \$60 / week

DELIVER - *This package is for you if you are looking to tone up or lose weight.*

What you get:

- ✓ 2 x 30 min PT session / week
- ✓ 1 x Fitness assessment
- ✓ 1 x Postural assessment
- ✓ 1 x Body measurement
- ✓ 3-day nutritional analysis

Investment: \$130 / week

DELIVER - *This package is for you if you are looking to tone up or lose weight.*

What you get:

- ✓ 3 x 30 min PT session / week
- ✓ 1 x Fitness assessment
- ✓ 1 x Postural assessment
- ✓ 1 x Body measurement
- ✓ 5-day nutritional analysis

Investment: \$150 / week

Not what you're after?

I will work with you to create a bespoke training package which meets your unique needs and goals.



Personal Training | Sessions & Services

I will show you how to harness the tools to transform your life and achieve optimum health and wellbeing.

ONE-ON-ONE PT SESSIONS

Not ready to commit to a package or just need a bit of extra support? Book a one-on-one PT session.

Time	Investment
30 minutes	\$55
45 minutes	\$70
60 minutes	\$85

ADDITIONAL HEALTH & WELLBEING SERVICES

Allow approximately 30-60 minutes for each assessment.

Description	Investment
Fitness assessment	\$50
Postural assessment	\$65
Body measurements, including skin girth and skin fold (body fat percentage)	\$80
3-day nutritional analysis, including follow-up session on nutrition	\$100
5-day nutritional analysis, including follow-up session on nutrition	\$150