



PERSONAL TRAINING AND HEALTHY LIFESTYLE

(All prices are plus tax)

TORQUE Training is committed to providing our clients with the most effective training programs in the GTA. Our professional and proven methods, combined with your commitment and dedication, means you get results, your goals being reached, and your life improved.

PROGRAM HIGHLIGHTS

- **Sustainability** - We'll design a workout program and schedule to suit YOUR lifestyle and goals
- **Fat loss** - Reduce body fat
- **Lean body mass** - Increase your muscle mass and gain strength
- **Weekly Training Sessions** - Recommended 2-3 sessions per week (see packages below)
- **Nutrition Package** - Macro-nutrients, daily food planning, and grocery list
- **Custom Training Program** - All packages of 10 or more include your custom training program

PROGRAM PACKAGES

A) **Personal Training** (1-on-1 sessions - 1 hour workouts)

1 Session (1 session at \$75 each) = \$75

10 Session Package (10 sessions at \$65) = \$650

20 Session Package (20 sessions at \$60 each) = \$1200

*Most Popular Package

75 Session Package (75 sessions at \$55 each) = \$4125

B) **Small Group Training** (2-4 per group - train with a friend or 3 and split the cost)

1 Session (1 session at \$100 each) = \$100

10 Session Package (10 sessions at \$80 each) = \$800

21 Session Package (20 sessions at \$80 each + 1 *FREE*) = \$1600

*Most Popular Package

Our 75 session package can be paid in installments with a credit card

TORQUE BARBELL gym membership required with all purchases of 10 or more - \$30+tax per month.

For more information on our trainers, the gym and our clients results please visit www.torquebarbell.com.

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