

PERSONAL TRAINING PROGRAM

With Certified Personal Trainer Maka Banga



- ◆ ONE-ON-ONE FITNESS ASSESSMENT
- ◆ PERSONALIZED EXERCISE PROGRAM DESIGN
- ◆ 1-HOUR SESSIONS
- ◆ SUBJECT TO PERSONAL TRAINER'S SCHEDULE

PACKAGES:

\$40.00/1 session

\$105/3

\$210/6

\$420/12

WHERE

Lillooet REC Centre
Weight Room

Contact REC Centre For More Information