



FITNESS SERVICES

OUR INLIV FITNESS SERVICES ARE AVAILABLE TO EVERYONE WITH NO MEMBERSHIP REQUIRED.

FITNESS TRAINING

Fitness training involves focus, motivation, and support, all in a network that delivers results. Our personal training model emphasizes teamwork alongside personal attention, in an atmosphere unlike any other.

Our fitness training is customizable to your needs, and our highly skilled trainers interact closely with you to provide assessments and personalized programs. INLIV offers a suite of training options. Training is by appointment-only in our private fitness centre.

PERSONAL TRAINING PACKAGES

Purchase an INLIV personal training session package of 10 or more sessions to receive a per-session cost savings on the drop-in rate of \$92. You can also secure a permanent timeslot on the Master Time Schedule.

CIRCUIT TRAINING

Looking for full-body circuit training? Come by on Saturday at 11am for our **Saturday Morning Circuit Training** drop-in class (\$20/session). Follow us on Facebook to find out which trainer will be leading the weekly session.

	10 PACK	25 PACK	50 PACK	125 PACK
Package Cost	\$860	\$2000	\$3700	\$8500
Savings per session	\$6	\$12	\$18	\$24

Prices do not include GST.

TESTING & ANALYSIS

THE FOLLOWING OPTIONS CAN BE ADDED TO A PERSONAL TRAINING PACKAGE OR PURCHASED ON THEIR OWN.

BOD POD

A leading technique for body composition analysis, this machine provides in-depth measurements of body mass, fat mass, lean mass, metabolic rates, and energy expenditures.

A BOD POD test is included free of charge with the purchase of 10 personal training sessions.

 **\$75/test**
 **\$189/three tests**

VO₂ MAX / SUBMAXIMAL TESTING

This is a detailed and specific athletic test that analyzes your body's cardiovascular function. With this data, we can accurately set your training zones for optimal results.

 **\$175/test**

BODY ANALYSIS

This identifies your body's strengths and weaknesses, including movement patterns, posture, ligaments, imbalances, and joint restrictions. With this we can help prevent future injuries, as well as assessing current ones.

 **\$150/60 min**

GET VO₂ MAX + BOD POD TOGETHER FOR JUST \$199

** Prices subject to change without notice*