



PERSONAL TRAINING

1:1 Personal Training

Personal Training 1:1 ~ 45 Minutes ~ \$75

Personal Training 1:1 ~ 30 Minutes ~ \$45

Bring a Friend ~ Add \$20 to session price

1:1 Sessions Upfront

10 x 30 Minute Sessions ~ \$405 (10th session free)

10 x 45 Minutes Upfront ~ \$675 (10th session free)

Online Programming

\$20 a week

Includes weekly programming, video analysis & weekly check-ins.

Weekly Membership

\$25 a week

Access to the studio during allotted times;

Monday to Friday - 6.30am-8.30am, 12pm-3pm, 6.30pm-8.30pm

Saturday's and Sunday's - 9am-11am, 12pm-3pm, 4pm-6pm

Location

KSS Personal Training Studio

Shed 4, 102-104 Balliang Street, South Geelong, 3220



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