

Athlete 1 on 1 Private Training

All of our Athlete Semi-private Training Programs are designed to provide a high ratio of performance coaches to athletes, however there are some athletes who prefer to train in a '1 on 1' Personal Training environment for best results or add this type of training session to their semi-private packages.

In this program, we match athletes to the coach best suited for their needs based on **sport, competition level, training goals, personality and schedule.**

These sessions must be scheduled specifically with your Depth Athlete Performance Coach.

PROGRAM COST

- 10 sessions.... \$80.00/session +HST
- 20 sessions.... \$70.00/session +HST
- 30 sessions.... \$60.00/session +HST

1 on 1 Training packages can be used in combination with our athlete semi-private training to maximize the results and training experience for the athlete.

EXAMPLE TRAINING OPTION

- 1 Personal Training/week + 2 Semi-private sessions/week
10 weeks = 10 Personal Training + 20 Semi-private sessions
at \$800.00 + \$360.00 = \$1160.00+HST
*payment options available

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