

Rates



Body & Soul
health and fitness

Body & Soul is one of the leading providers of personal fitness and health enhancement services in Vancouver. We believe that physical fitness is the mainstay of a healthy lifestyle and that personal training is the most effective way to improve physical fitness. We also offer additional health related services to assist our clients achieve their optimal health.

Personal Training (Hourly Rates)

One-on-One

1-9 Sessions	\$90 / session
10 Sessions	\$85 / session
30 Sessions	\$80 / session

Partner Training

1-9 Sessions	\$135 / session
10 Sessions	\$127.50 / session
30 Sessions	\$120 / session

Health Assessment \$95

Assessment is the same price as a single personal training session when package of 10 sessions or more is purchased

Small Group

4 weeks (once/wk)	\$110
4 weeks (twice/wk)	\$198

Program-To-Go \$25

Must be purchased with min 3 personal training sessions

Additional Services

Chiropractic Services

Initial Session	\$120
Follow-Up Session	\$70
Orthotics	\$450

Other Services

Physiotherapy	call us!
Nutrition Counselling	call us!

ALL PRICES SUBJECT TO APPLICABLE TAXES