

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

Health Assessment \$95

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

Outdoor Training \$70

45-minute training session taking place at Almond Park or in the training platform located in our covered parkade

Virtual Training \$50

50-minute training session taking place via Zoom

Partner Training

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

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 Therapy	call us!	Nutrition Counselling	call us!
Physiotherapy	call us!		

ALL PRICES SUBJECT TO APPLICABLE TAXES