



Holistic Personal Training Centre
 3401 Mountainview Blvd, Belmopan, Belize
 Tel: 822-3278

Welcome to our new gym in Belmopan

PRICE LIST		Prices
12 Day Programme - this includes full consultation, nutritional program and 12 sessions of personal training	This is Recommended to kick start your new training regime	BZ\$200
12 Day Program – Children from 10 – 16 (Diet/Fitness Plan)		BZ\$100
Individual training sessions		BZ\$20
Walk – In and do a full Body work out - one session		
Monthly Rate Option 1		BZ\$125
This includes 3 sessions per week only		
Monthly Rate Option 2		BZ\$200
This includes 5 sessions per week only		
Annual Rates		BZ\$1,200
3 sessions per week for the year		

Notes:

- It is recommended that you do a 12 day programme to kick start your new training regime, followed by maintenance of 2 – 3 sessions per week.
- Each session is approximately 15 -- 20 minutes
- All training in the educo-gym is personal training supervised by a highly trained member of staff.
- All training is done on an appointment basis ONLY.
- All fees to be paid IN ADVANCE of training programme starting.
- Proper clean training shoes must be worn while training.
- Please ensure you bring a towel with you.
- Full changing and showering facilities available.
- Food supplements available.