

Training Services

KINESIOLOGISTS.CA - 1698 West 6th Avenue

Kinesiologists.ca strives to be one of Vancouver's most qualified group of fitness professionals. When you need results and want your body to look and feel its best, come to us. We want to help you improve your health and your body.

Personal Training in our Private Studio (One-on-One)

Single Drop-in Sessions	\$90/session
12 Sessions Package.....	\$80/session
24 Session Package	\$77 ^{.50} /session
36 Session Package	\$75/session

Personal Training in our Private Studio (Double)

Single Drop-in Sessions	\$129/session
12 Sessions Package.....	\$119/session
More session packages available.....	Please Call

Functional Movement Screen (~60 min)

\$99 / \$79
Grading system that documents your movement patterns. Correct the issues before they cause you problems while training.

Basic Hormone Profiling (~60 min).....

\$99 / \$79
Determine your hormone profile by measuring how much fat you store in specific areas of your body. Includes personal consultation time.

Basic Body Fat Assessment (~30 min)

\$39
Service includes: Weight, height, resting heart rate & resting blood pressure and up to 10 skinfold clips

Full Assessment Package (~90 min).....

\$129
This assessment package includes:

- Initial Screening (Height, weight, BP, resting HR)
- Anthropometrics (Girths, BMI, waist-to-hip ratio, body fat)
- Muscular Strength & Endurance tests
- Aerobic / Anaerobic tests
- Functional Movement Screening Analysis
- Basic Postural Analysis
- Summary report provided

Many more packages available.

Visit: kinesiologists.ca for more information

HST not included in prices. Prices subject to change without notice.

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