



Fitness Training Packages

Package is valid from September 1, 2011 – March 31, 2012

- **Platinum Package**

- Unlimited number of sessions
- Sport Nutrition Seminar
- Sport Psychology Seminar
- Injury Prevention Seminar
- Fitness Testing (pre & post)
- **\$5499** + gst or approx. **\$9.50** per player per session

- **Gold Package**

- 20 sessions
- Sport Nutrition Seminar
- **\$3465** or approx. **\$10** per player per session

- **Silver Package**

- 15 sessions
- **\$2759** + gst or approx. **\$11** per player per session

- **Bronze Package**

- 10 sessions
- **\$1939** + gst or approx. **\$11.50** per player per session

Additional Training Services...

Small Group Training

- (5-9 athletes) - **\$157.50**

Personal Training

- 1 athlete - **\$84** with VCH Staff or **\$105** with Glenn Vergie
- 2 athletes - **\$52.50** each
- 3 athletes - **\$42** each
- 4 athletes - **\$36.75** each

For All Small Groups and Personal Training - Athletes are required to pay up front for 10-sessions.

www.vergieconditioning.com