



**Who we are** UNI Training is a Montreal based Fitness services company that specializes in the customized, personal training experience. Founded by a small group of trainers in 1999, UNI now encompass a large network of hand-picked, full-time fitness professionals. Located in the South West of Montreal, UNI training operates a boutique gym and continues to grow, with a new training center set to open its doors next fall.

**What we do** The UNI brand is well recognized having been built over many years of providing quality service. UNI is an innovator in personal training services and the creation of value added industry partnerships that allow us to exceed our client's expectations.



## Program Packages

**\$95<sup>+/hr</sup>**

### Evaluation and Program Design

- Begins with a full evaluation of the client based on bio-data, health history and movement mechanics.
- A customized program will be developed that is specific to the client's needs and training goals.

### Orientation Program

**\$250<sup>+/hr</sup>**  
1-on-1

- This package includes the Evaluation and Program Design as well as 3 additional hours with a trainer over a period of two months.
- The client is familiarized with their own "in-condo" facility.
- Essential training concepts and techniques are introduced beyond those covered in their customized program.
- This can be done in a one-on-one format or in groups of three.

**\$600<sup>+/hr</sup>**  
Group of 3

### Massage Services

**\$85<sup>+/hr</sup>**

In-home Sports massage, kinetic Swedish massage and myofascial release treatments.

## Personal Training

- One on one training sessions with a professional trainer.
- Workouts are continuously tracked and adjusted in order to optimize the client's performance and enjoyment.
- Personal guidance towards a fitter, healthier, happier and more productive lifestyle.

Forfaits	Prix <sup>+</sup> / session	Total <sup>*</sup>
1 session	\$80	\$80
3 sessions	\$75	\$225
10 sessions	\$70	\$700
40 sessions	\$65	\$2600
100 sessions	\$62	\$6200

\* Plus taxes

## Group Classes

- Our most popular options include yoga, boot camp, spinning.
- Other classes are available based on demand.