



**Simply**  
Fitness  
at Hong Lok Yuen

Effective 1 Feb 2015

**PERSONAL TRAINING**

## **Private Training Fees**

**1hr : \$595**

**(\$5,395 for 10 sessions)**

**(\$9,950 for 20 sessions)**

**30mis : \$325**

**(\$3,000 for 10 sessions)**

**(\$5,300 for 20 sessions)**

## **Semi-Private Training**

**1hr / 2 pax : \$335 each**

**(\$3,100 for 10 sessions)**

**(\$5,550 for 20 sessions)**

Guest are welcome, a 10% surcharge will apply to the listed fee

**Personal Training packages**

**10 sessions are valid for 5 months form date of purchase**

**20 sessions are valid for 10 months from date of purchase**