

Personal Training Services



Personal training services at Ara can be purchased at Student Finance or at the Ara gym. Contact or visit the Recreation Centre staff, before or after payment, for more information or to make a booking.

Whareora (W Block), City campus
personaltrainer@ara.ac.nz

	1x 30-60 mins	5x 30-60 mins	4 week	8 week	Individual programme
Student	\$30-\$45	\$140-\$210	\$199	\$379	\$80
Staff	\$40-\$55	\$190-\$220	\$249	\$429	\$90
Community	\$50-\$65	\$240-\$325	\$299	\$479	\$100

Note: refunds only given in circumstances that are out of the control of both parties

<p>Individual programme</p> <ul style="list-style-type: none"> - Consultation and goal setting with trainer - Take home individualised programme - 45 minute training session to learn programme - Option for follow up programmes
<p>1:1 30 or 60 minute sessions</p> <ul style="list-style-type: none"> - Basic 1:1 session with trainer including initial consultation - Discount applies for 5 x sessions in a single purchase <p><i>*All sessions must be completed within a 10 week period</i></p>
<p>4 week pack</p> <ul style="list-style-type: none"> - 2 x 30 minute sessions per week - Pre and post fitness testing - Weekly support
<p>8 week pack</p> <ul style="list-style-type: none"> - 2 x 30 minute sessions per week - Pre and post fitness testing - Pre and post BIA scan - Weekly support - Option for 2 x people