



Athletics

At **daily apple**, we believe that the key to health is balance: this is achieved through exercise, natural nutrition and stress management. Our athletic programs help clients learn the importance of active living and show them easy ways to implement exercise into their lifestyle. Working out with **daily apple** is motivating, energetic and most importantly -- fun!

2009/2010 pricing

<u>Program</u>	<u>Type</u>	<u>Single Session*</u>	<u>Package of 6*</u>	<u>Package of 10*</u>
The Real Athlete	Athletic personal	95	510 (85/session)	750 (75/session)
The Training Room	Athletic group*	140	780 (130/session)	1200 (120/session)
Athletic Yoga Training	Athletic personal/group	110/160	600/840 (100/140/session)	900/1300 (90/130 session)
High Performance	Athletic personal	110	600 (100/session)	900 (90/session)
Wedding Party Workout	Athletic group	n/a	840 (140/session)	1300 (130/session)

*+GST

*max 6 per group/7+ group rate \$25 per session

To book your daily apple program, please contact us at 416-899-1990 or email at lesley@dailyapple.ca. * Check out our website for more information on our products and services!

*Please note that cancellation requires 24 hours. Any missed sessions without sufficient notification will be billed to your account.