



PRICING GUIDE 2026

Quinton Croal, BSc, P.Kin, CSEP-CEP · Calgary, AB


15%
OFF**MILITARY · POLICE · FIREFIGHTERS****LIMITED TIME**Current or retired? Take **15% off your first month** of coaching or your first assessment.

HOW IT WORKS

**01 FREE CONSULTATION**

30 minute virtual assessment

**02 BASELINE TESTING**

Know your start

**03 CHOOSE A TIER**

Pick your level

**04 TRAIN**

In-person sessions or virtually through your program

COACHING TIERS

BILLED EVERY 4 WEEKS · CAD · GST INCLUDED

	BLUEPRINT \$105 per 4 weeks · GST incl. About \$26/week	COACHED \$210 per 4 weeks · GST incl. About \$53/week	MOST POPULAR HYBRID \$420 per 4 weeks · GST incl. About \$105/week	IN-PERSON ONLY FRONTLINE \$75–105 per session · GST incl. Set at consult
Custom-built 4-week fitness program	✓	✓	✓	—
Weekly program changes	—	✓	✓	—
Daily communication with your kinesiologist or trainer	—	✓	✓	—
Weekly virtual progress assessment	—	✓	✓	—
Weekly in-person sessions	—	—	4 sessions	You choose
Quarterly plan, save 10%	\$283.50	\$567.00	\$1,134.00	Ask at consult
Best for	Self-driven lifters at their own gym	Beginner to intermediate	Beginner fitness level	In-person training only

PAYMENT PLANS

PICK THE RHYTHM THAT FITS YOUR PAY CYCLE

WEEKLY*

Pay every week

BI-WEEKLY*

Pay every 2 weeks

MONTHLY

Pay every 4 weeks

QUARTERLY **10% OFF**

Pay 3 months up front

* Weekly and bi-weekly plans require a minimum 1-month commitment.



RECOMMENDED STARTING POINTS

ALL PRICES GST INCLUDED

STEP 1

FREE CONSULTATION

30 minute virtual assessment · No obligation to sign up.

- Your goals and timeline, including test dates
- Quick movement screen
- Your recommended tier
- Health and injury history
- Tour of the coaching site

STEP 2 · SHORTER OPTION

PARTIAL BASELINE ASSESSMENT

\$125 GST incl. · about 1 hr, one session

Screening and resting measures	~10 min
Body measurements	~5-10 min
Power and grip	~10-15 min
1RM testing, 3 key lifts	~30 min

A strength-focused start with no endurance or VO2 max testing.

15% OFF Military, police & fire: **\$106.25**

STEP 2 · RECOMMENDED

FULL BASELINE ASSESSMENT

\$210 GST incl. · 2-2.5 hrs, one session

Screening and resting measures	~10 min
Body measurements	~5-10 min
Flexibility, power and grip	~10-15 min
1RM testing, 3 key lifts	~45-60 min
Muscular endurance	~10 min
Rest and refuel	~10-15 min
VO2 Max Test	~25-30 min

Results summary included. Retest in 8-12 weeks: \$149.
Body comp coming soon.**15% OFF** Military, police & fire: **\$178.50**

ADD-ONS

IN-PERSON: 1-3 HRS, BILLED HOURLY · GST INCL.

ADD-ON	FOR	PRICE
Extra 30-min phone or Zoom call	All tiers	\$40 per call
In-person session (training, form correction, injury)	Coaching clients	\$75/hr
4-session pack	Coaching clients	\$280 (\$70/hr)
In-person drop-in	Non-clients	\$85/hr

GOOD TO KNOW

MESSAGING

Replies within 24 hours. Plan changes happen on your weekly call.

REHAB CLIENTS

Active injuries start on Coached or Hybrid for closer support.

BLUEPRINT

Programming only. Want to talk it through? Add a \$40 call.

HYBRID HOURS

Use them within the block. Up to 1 hour carries over.

PAIN OR INJURY

Tell me any time, on any tier. You will always get a response.

TEST PREP

PARE, COPAT, A-PREP, POPAT, FORCE or WFX-FIT? Book Coached for at least 8 weeks.