



## 2009 Duquette Strength Clinic Programs and Services Guide

### Personal Training

*with Annika Hodgson, Registered Kinesiologist*

1 Session:	\$80
5 Session Package:	\$350 (\$70 / session)
10 Session Package:	\$600 (\$60 / session)

16-Week Accelerated Program

\* 2-Weekly Sessions: Four Pre-paid Monthly Payments of \$440 (\$55 / session)

### Additional Services include:

Acupressure Massage	1-hour: \$80	30-min: \$45
Therapeutic Stretching	1-hour: \$80	30-min: \$45
Nutrition Consultation	1-hour: \$80	
Ultrasound Therapy	1 Session: \$20	
Body Composition Analysis	1 Session: \$20	

### Massage Therapy

*with M. Gillian Vellet, Registered Massage Therapist*

Relaxation Massage	1-hour: \$80	1.5-hours: \$120
Massage Therapy	1-hour: \$80	1.5-hours: \$120
Craniosacral Therapy	1-hour: \$80	1.5-hours: \$120

### Art Therapy

*with M. Gillian Vellet, Registered Art Therapist*

All sessions	1-hour: \$80	1.5-hours: \$120
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### Infrared Sauna Packages

1 Session:	\$20
5 Session Package:	\$75
10 Session Package:	\$100

**Group Classes:** Clinical Pilates \* Clinical Yoga \* Total-Fitness \* Outdoor Athletic Training

1 Session:	\$20
5 Session Package:	\$90 (\$18 / session)
10 Session Package:	\$150 (\$15 / session)

**We specialize in ICBC and WCB claims**

For more information, please visit us at [www.DSLanglely.com](http://www.DSLanglely.com)