

PERSONAL TRAINER, PICKLEBALL INSTRUCTOR, WELLNESS COACH



# COACH PHILLY

FIT TO THRIVE

## READY TO TAKE YOUR GAME TO THE NEXT LEVEL?

Coach Philly is a CFES Certified Personal Trainer, NCCP Certified Pickleball Instructor and DUPR Coach.

- Develop your pickleball skills & strategy
- Enhance strength, agility & endurance
- Build mental fortitude
- Get your official DUPR Rating
- Access discounts to paddles and apparel

Indoor, Outdoor, Studio, and Gym Training  
1 to1, Doubles, Small Group and Corporate  
In Person and Virtual Support

@COACHPHILLY

coachphilly.ca@gmail.com 250-317-5181



# RATES AND SERVICES

SECHLT, BC



## COACH PHILLY

FIT TO THRIVE

### Skills and Strategy Instruction

|                                 | Regular      | with SCPA Membership |
|---------------------------------|--------------|----------------------|
| 60 Min One on One Coaching      | <b>\$75</b>  | <b>\$60</b>          |
| 90 Min One on One Coaching      | <b>\$100</b> | <b>\$80</b>          |
| 2 Hrs One on One Coaching       | <b>\$130</b> | <b>\$105</b>         |
| 60 Min Doubles Coaching         | <b>\$120</b> | <b>\$90</b>          |
| 90 Min Doubles Coaching         | <b>\$155</b> | <b>\$120</b>         |
| 2 Hrs Min Doubles Coaching      | <b>\$210</b> | <b>\$160</b>         |
| 90 Small Group (3-4 players)    | <b>\$180</b> | <b>\$140</b>         |
| 2 Hrs Small Group (3-4 players) | <b>\$220</b> | <b>\$175</b>         |

### DUPR Skills Assessment & Rating

|                |             |             |
|----------------|-------------|-------------|
| Per Individual | <b>\$65</b> | <b>\$50</b> |
|----------------|-------------|-------------|

### Wellness Coaching - Enhance Your Mental Game

|                            |             |
|----------------------------|-------------|
| 55 Min One on One Coaching | <b>\$65</b> |
| 55 Min Partner Coaching    | <b>\$95</b> |
| • In Person and Virtual    |             |

### Personal Training - Strength and Agility

|                            |              |
|----------------------------|--------------|
| 45 Min Partner Coaching    | <b>\$110</b> |
| 45 Min One on One Coaching | <b>\$90</b>  |
| 60 Min One on One Coaching | <b>\$117</b> |



coachphilly.ca@gmail.com

250-317-5181

\*24 Hr Cancellation Policy