



DESIGNED FOR LONG-TERM CONSISTENCY, FOCUSED PROGRESS, & INTENTIONAL TRAINING



CONTACT



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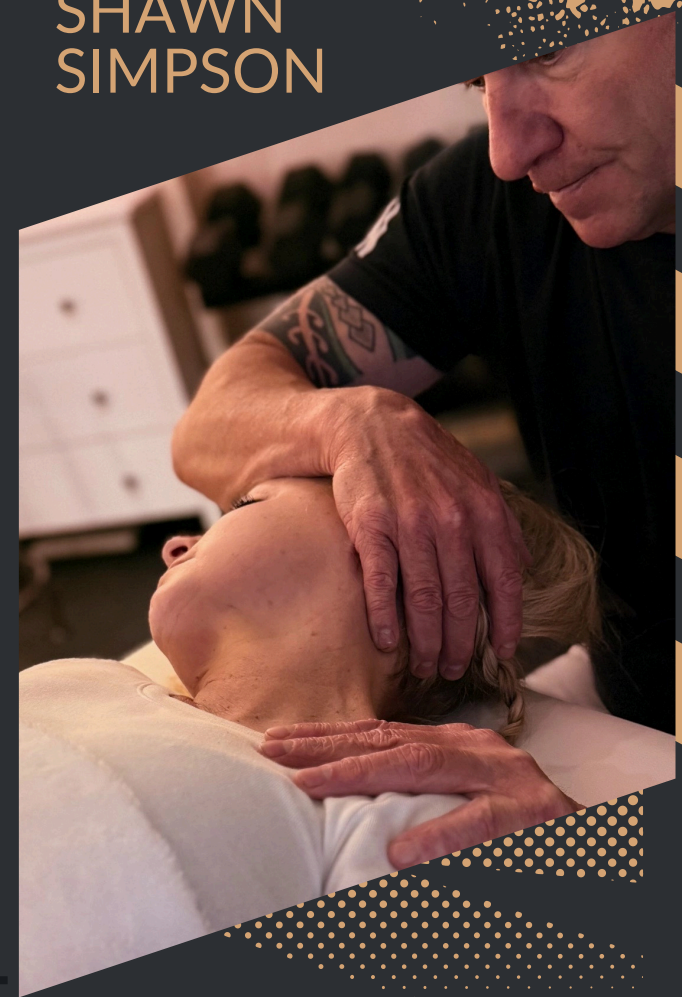


parlourproject.org



Caledon East, Ontario

SHAWN
SIMPSON



PRIVATE STUDIO

STRUCTURED. CONSISTENT.
PERSONAL

PARLOURPROJECT.ORG

SERVICES

PRIVATE PERSONAL TRAINING

60 minute sessions
Single: \$80
10 Session Package \$700

FASCIAL STRETCH THERAPY (FST)

All Sessions - 60 minutes
Single Session - \$100
5 Session Package \$ \$450

THE EVERYTHING EXPERIENCE™

Workout • FST • Infrared Sauna 90 Minutes - \$99
A full reset for strength, mobility & recovery.

Also Available:
Small-Group Fitness Training,
Golf & Pickleball Conditioning & Stretch



WE OPERATE WITH
INTENTIONAL STRUCTURE
TO SUPPORT
MEANINGFUL PROGRESS

HOW OUR PROGRAMS & SERVICES WORK

SCHEDULING

Group classes & speciality programs run in fixed short terms cycles.

Personal Training & FST require scheduled appointments

CANCELLATIONS

24 hours notice is required to cancel or reschedule personal training or FST sessions.

Sessions cancelled within 24 hours or missed sessions, are charged in full

Group classes and specialty programs do not offer make-up sessions

PACKAGES

Personal Training packages expire 6 months from purchase.

FST Packages expire 6 months from purchase

Packages may be shared with a family member or friend if desired.

Unused session beyond the expiry period are not refunded or extended.

If unexpected life circumstances arise, please reach out . We believe in communication and approach situations with fairness and care.