



OGC PRIVATE LESSONS

OTTAWA GYMNASTICS CENTRE OFFERS PRIVATE (ONE ON ONE) OR SEMI-PRIVATE LESSONS (TWO TO ONE) WITH A CERTIFIED COACH!

- Improve Specific Skills
- Achieve Fitness Goals
- Learn new talents
- Goal setting
- Results you can see and feel

If you're looking to improve specific skills, or are an older athlete who wants to continue training, or an adult looking to keep fit and healthy, Private lessons may be the right option for you!

Each lesson is 1 hour in length and gives you the personal attention you need to succeed in your gymnastics and fitness goals.

We will match you with a coach suitable for your personal goals, during days and times convenient to you!

All Sessions are One Hour	Private 1 Session	Private 3 Sessions	Private 5 Sessions
Recreational Private Lesson	\$65.00	\$165.00	\$250.00
Recreational Semi-Private (2 people)	\$55.00/person	\$135.00/person	\$175.00/person

Contact us to see if private lessons are for you!

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