

totumlifescience

is the source for Fitness and Healthcare

Gift Certificate Menu

Resolution Solution

Description of the items in this category as well as additional items that are included with each dish.

Silver Package 1500
14 Personal Training Sessions
2 Group Fitness Classes
2 One-hour Massages (RMT)
1 One-hour Nutrition Consultation

Bronze Package 500
4 Personal Training Sessions
1 One-hour Massage (RMT)
1 30-minute Nutrition Consultation

Membership

Membership includes an initial Lifestyle Consultation (assessment) and Program Demonstration at King St. W. Totum Life Science.

Annual Membership + 1 Bonus Month 999
13-month membership

Winter Membership 356
4-month membership

One Month Membership 109
Great way to help someone get started

One Day / Class Pass 20
Bring a friend as a workout buddy.

Massage Therapy

With Registered Massage Therapists (RMT) Antonio Barrios, Wendy Liu, Simone Valere or Joseph Wilson subject to schedule availability.

90-minute Massage 140
Luxurious and highly recommended.

60-minute Massage 95
Recommended for first visit.

30-minute Massage 60
Not recommended for first time visit.

Nutrition & Health

Detox Package 399

Eliminate toxicity the healthier way with Cara MacMullin, Naturopathic Doctor.

1 One-hour detox health assessment
2 Half-hour detox follow up appointment
Includes nutrition and lifestyle modifications plus personalized supplement recommendations

Goal Setting & Overcoming Obstacles 140

"Personal Training for the mind" with Jorhdin Bannder PhD., Professional and Personal Development Coach. Perfect for everyone who wants to set themselves up for personal and/or professional success in 2010.

Nutrition Basics 70

One hour with Personal Trainer and Nutrition Student, Candace Aquí. Learn how to read a food label and ingredient lists.

Assessments & Plans

Advanced Muscle Assessment 75

Head to toe examination of joints, muscles, ligaments, quality of movement and balance. What the recipient will learn may change the way they exercise to prevent future injuries or injury recurrence. Available with Chiropractors Dr. Wajid Hoda D.C., Dr. Rachel Assayag D.C. and Physiotherapists Mary-Catherine Fraser Saxena and Kirsten Jones.

Lifestyle Consultation/Assessment and Exercise Plan 140

1 One-hour consultation to discuss goals, activity history, lifestyle and fitness assessment.
1 One-hour Program Demonstration of customized exercise plan.
With Jaymie Sampa, Personal Trainer and Lifestyle Coach

Online Personal Training 199

One month of Online Personal training with Joanna Zdrojewska includes a lifestyle consultation/assessment, customized exercise program, weekly email check-in, constant program tweeks based on check-in and unlimited email questions. New program every month.

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Order your gift certificate in person, by phone or email.

Totum Life Science 445 King St. W. (just west of Spadina)
416-979-2449 info@totum.ca

All services are subject to GST.

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Personal Training

Investment based on a one-hour personal training session. Multiple sessions or "Resolution Solution" packages are also available.

Body Building 70
Al Pawlawski

Boxing or Boxing - Style Workout 70
Antonio Barrios or Nicole Tarala

Boxing or Boxing - Style Workout 80
Garfield Watson

Circuit Training 70
Andrew Steinfeld or Nicole Tarala

Circuit Training 80
Paul McQuade or Carla Nanka-Bruce

Crossfit 80
Joseph Wilson

Dance-Based Workout 70
Jaymie Sampa

Endurance Training 70
Joanna Zdrojewska

Kettlebells or Power Training 70
Candace Aqvi

Pilates 80
Aida Estacio or Andrea Fairborn

Pilates 90
Jennifer Dahl

Plyometrics / Sport Balance 80
Carla Nanka-Bruce

Post-Rehab Exercise 80
Recommended Upgrade: "Advanced Muscle Assessment"
Carla Nanka-Bruce

Rehabilitation with Fitness 100
Dr. Wajid Hoda D.C.

Speed, Agility & Quickness 70
Andrew Steinfeld

Speed, Agility & Quickness 80
Carla Nanka-Bruce

Strength Training 80
Greg Close, Paul McQuade or Tom Toth

Stretching – Assisted Fascial Stretching 90
Erin Galway 60 – minutes

Stretching – Assisted Fascial Stretching 45
Erin Galway 30 – minutes

Transition – Post Rehab Pilates 80
Recommended Upgrade: "Advanced Muscle Assessment"
Aida Estacio

Weight Loss 80
Erin Galway, Paul McQuade or Joseph Wilson

Yoga 100
Sonja Adrianovska or Natasha Wright

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