



ONE-ON-ONE TRAINING SERVICES

Take your health, vitality and energy to the next level with one of our one-on-one training services. Whichever option you choose, feel confident in knowing you will receive quality personal attention, guidance and knowledge in the safest possible exercise environment.

Basic Orientation

The perfect program to get you started and comfortable in the Fitness Centre environment.

\$15 / session plus GST

Personal Exercise Session

This session is the next step to adding a little creativity to your workouts.

\$30 / session; semi-private \$20 / per person plus GST

Specialized Personal Training Plan

This specialized training plan is all about you! Whatever your training goals are we will support, coach and provide you with all the resources you need to reach success.

<i>Specialized Personal Training</i>	<i>Single</i>	<i>Semi-Private cost/person</i>
Consultation (60min.)	\$55	\$55
1 Session	\$55	\$55
2 Sessions	\$110	\$100
4 Sessions	\$210	\$180
8 Sessions	\$400	\$320
12 Sessions	\$576	\$420

Youth Training Program

Youth ages 13-15 are welcome to use the Fitness Centre upon completion of the 3 step Youth Training Program .

\$15 / session plus GST

Body Composition Testing

These tests help provide some baseline measurements that can be monitored to gauge progress and exercise success.

\$15 / session plus GST

Water Training

Water training in a pool works for a variety of body types and for some the buoyancy of the water is better than the traditional land trends of exercise training.

\$30 / 30 min session \$55 / 60 min session

The 3-Month Wellness Transformation

A comprehensive, challenging, fun and effective fitness journey designed to keep you curious and moving. This program includes a 3-month facility pass, 3 personal training sessions, 3 body composition tests and a 12-class pass to drop-in to our REGISTERED fitness programs.

\$299 / 3-months

All training options will require you to complete medical health questionnaires, and depending on your current health we may request you receive medical clearance from your health practitioner.



**PARKS
RECREATION
& CULTURE**

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