

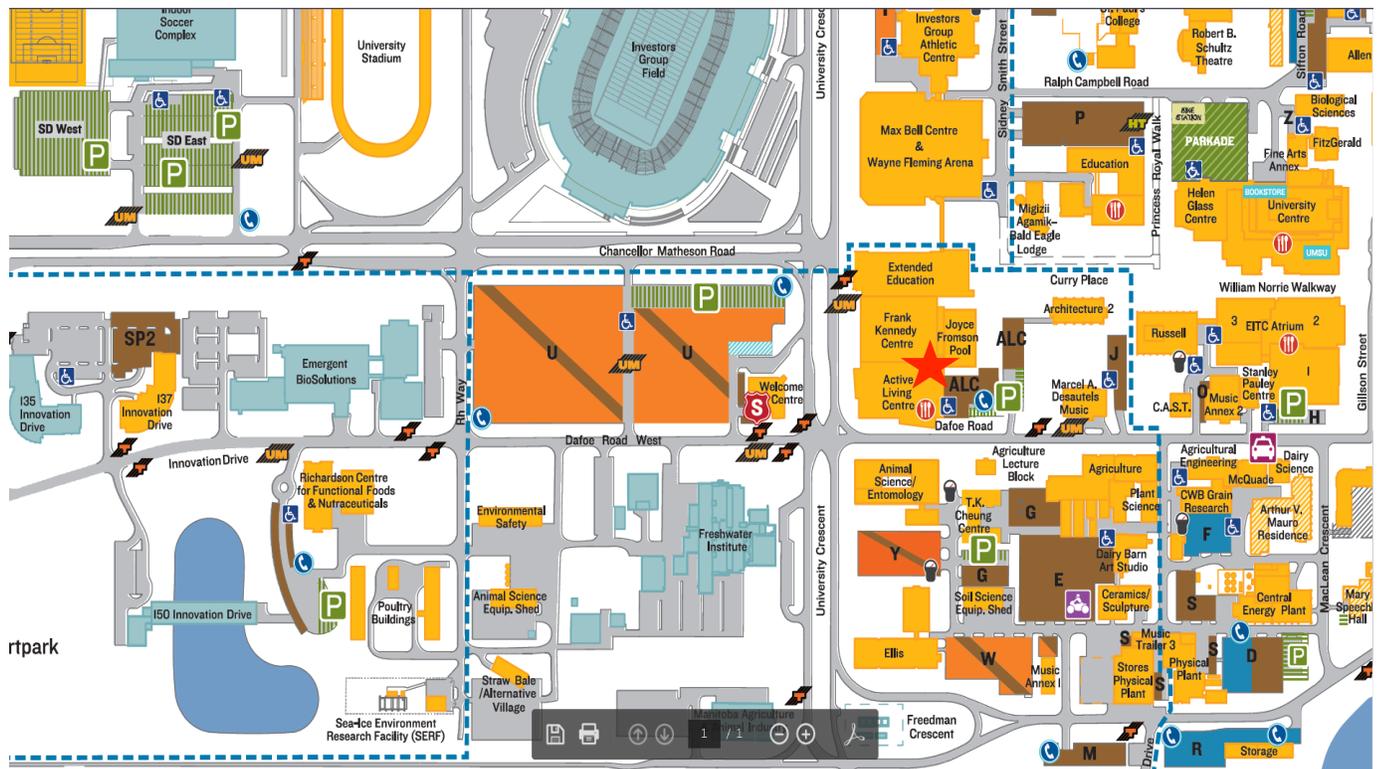
## Personal Training & Assessments with Recreation Services

Thank you very much for choosing Recreation Services at the University of Manitoba. We are very excited to work with you and hope you enjoy your experience with us! The purpose of this document is to provide you with information you may need during your time with us.

### ***Location & Parking***

The Active Living Centre (430 University Crescent) is located on the Fort Garry Campus of the University of Manitoba.

The closest parking to the Active Living Centre can be found in the ALC lot or in U lot. These are pay lots during business hours but are free after 4:30 pm and before 8:00 am. For additional parking please refer to the map below. All public pay parking lots are indicated in green.



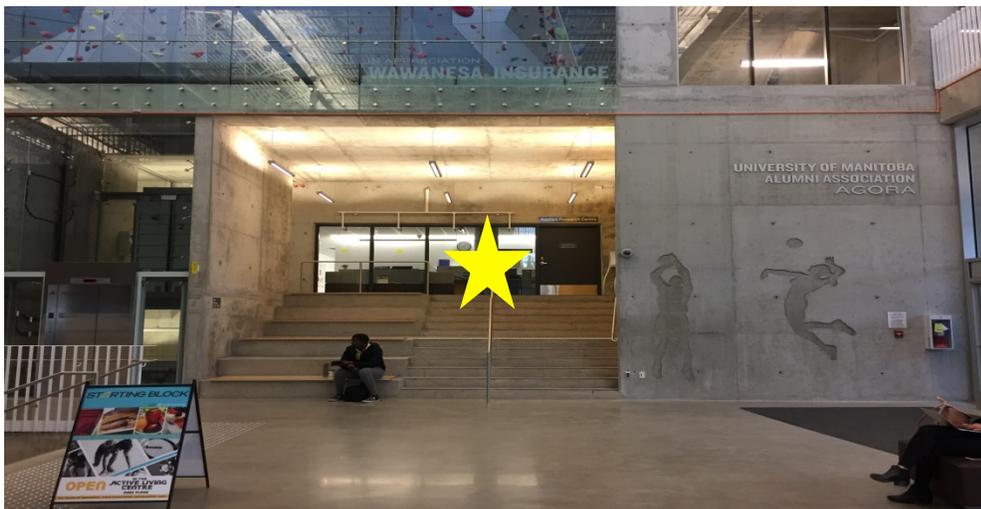
### ***Transit Information***

Fort Garry Campus: Buses 36, 60, 72, 76, 78, 160, 161, 162, 170 and 185 stop outside or near the Frank Kennedy Centre and Active Living Centre and travel to and from the University.

## ***Where to go?***

If you have made arrangement with your Personal Trainer to meet at a specific location, please follow those instructions. Your trainer may have asked to meet you at the Customer Service Desk (main floor of the Active Living Centre) or at the Fitness Attendant Desk (third floor of the Active Living Centre).

The majority of Fitness Assessments and Consultations occur in **202 Active Living Centre: Applied Research Centre**. It is located up the stairs from the Starting Block Café / Agora. Please have a seat in the waiting area and we will be with you as soon as possible. If your appointment is outside of regular business hours (8:30am – 4:30 pm), the doors to the Applied Research Centre will be locked. Please wait at the top of the steps and your trainer will be with you shortly.



## ***Access to facilities & Change rooms***

**Personal Training:** If you are a member with Recreation Services, you can access the facilities as usual, by swiping in through the turnstiles and using the change rooms. If you do not have a membership with Recreation Services, you will need to meet your trainer at the Customer Service Desk to gain access. You will only be permitted to access the facilities while you are with your trainer, during your scheduled training session.

Day Use Lockers are available for use in the change rooms and on the second floor of the Active Living Centre. You can bring your own lock or rent one from the Customer Service Desk.

**Fitness Assessments:** The Applied Research Centre is open to both members & non-members and contains a change room and lockers that you can utilize during your assessment.



## ***What to bring and what to wear***

Please come dressed in appropriate exercise attire including clean, indoor shoes. Water fountains are available but a water bottle is recommended to refill as needed. Please ensure you bring any medication required (ie, asthma inhaler, insulin, etc).

## ***Pre-assessment Instructions***

### **For Fitness Assessments:**

- Avoid large meals within 2 hours of the assessment
- Avoid alcohol within 12 hours of the assessment
- Avoid caffeine and nicotine within 2 hours of the assessment.
- Avoid strenuous exercise within 6 hours of the assessment.

### **For In-depth Body Composition Analysis:**

- Please wear shorts and a sports bra
- Avoid large meals 4 hours of the assessment
- Avoid alcohol within 48 hours of the assessment
- Avoid caffeine, nicotine and exercise within 12 hours of the assessment.
- The body composition assessment should ideally occur before midday.
- The body compositions assessment should ideally occur after urination / elimination.
- Avoid bath or shower immediately before the assessment.
- Females who feel they are retaining water due to the stage of their menstrual cycle should book their appointment at an alternate time.

## ***Booking appointments, rescheduling and cancellations***

Once you have been matched up with a Personal Trainer, all of your appointments will be managed and booked directly with your trainer. Please ensure that you exchange appropriate contact information together so that you can both stay informed of any reasons why you would not be at your scheduled appointments. Please be aware that we have a 24 hour cancellation policy. A \$30 fee will be charged if you do not show up for your scheduled appointment or if you cancel with less than 24 hour notice.

## ***Refund Policy***

We do not issue refunds for personal training or fitness assessments unless you have a medical note indicating that you can no longer participate in physical activity.

# RECREATION SERVICES



UNIVERSITY  
of MANITOBA

Faculty of Kinesiology and  
Recreation Management

**Thank you for choosing Recreation Services!**

**For more information, comments or concerns:**

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