

# PERSONAL TRAINING AND ASSESSMENTS



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### PERSONAL TRAINING

We have qualified personal training staff on site to provide healthy lifestyle and fitness assessments, consultations, and personalized exercise programs. Each session is one-on-one with your personal trainer who focuses on your needs and goals, while providing you motivation to excel. We are here to see you succeed!

**NEW** Do you and your friend have similar goals in the gym? We now offer partner training packages.

Personal Training Only – no assessments included.

\*If you are new to our personal training services we recommend beginning with a Starter, Jump Start or Getting Started package.

Options	Description	Non-member	Member
1 PT	1 hour of personal training *only for current/returning clients	\$59	\$50
3 PT	3 hours of personal training	\$144	\$120
6 PT	6 hours of personal training	\$273	\$228
12 PT	12 hours of personal training	\$528	\$441

Visit [uofmactiveliving.ca](http://uofmactiveliving.ca) for more details.



### ~~PERSONAL TRAINING & NUTRITION WEEK~~

~~Join us February 3-7, 2020 for great discounts and a chance to win free services.~~

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All Inclusive Packages – Assessment & Personal Training			
Options	Description	Non-member	Member
Starter 	½ hr consultation + 1 PT session	\$80	\$68
Jump Start 	1/2 hour consultation + 3 PT sessions *Also available for Partner Training	\$189	\$158
Getting Started 	Consultation and Healthy Fitness Assessment + 1 PT session. The assessment includes basic body composition, muscular strength, endurance, power, flexibility and balance as well as a submaximal aerobic test which predicts your aerobic fitness. All results are interpreted and compared to Canadian age and gender norms.	\$132	\$111
Healthy Fitness Assessment 	General fitness assessment which includes basic body composition, muscular strength, endurance, power flexibility and balance as well as a submaximal aerobic test which predicts your aerobic fitness.	\$78	\$65
Functional Movement Assessment 	FMA will evaluate body alignment, muscle imbalance, movement deficiencies, limitations or asymmetries through a series of seven movement tests that require a balance of mobility and stability. Recommendations will be provided based on results to help correct deficiencies or imbalances.	\$78	\$65

*We offer many more personal training and nutrition services! Visit [uofmactiveliving.ca](http://uofmactiveliving.ca) to view our full list of packages and assessments.*

At the University of Manitoba, we are committed to equity of access and opportunity for all members, U of M students, faculty and staff. We welcome you to a diverse and inclusive environment where everyone—from all backgrounds and perspectives—is respected, valued, and can enjoy an exceptional experience.