

PERSONAL TRAINING & ASSESSMENTS



Recreation Services provides the highest quality of personal training, counselling and fitness assessments. Our comprehensive services will assist you in defining your current state of fitness, improving on areas of weakness and enhancing areas of strength. A safe, effective and individualized program can be developed according to your needs, interests and goals. All of our staff are certified through the Canadian Society for Exercise Physiology (CSEP) as Certified Personal Trainers (CPT's) or Certified Exercise Physiologists (CEP's).

Personal Training Only – no assessments included.

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

Options	Description	Who this is for	Non-member	Member	NEW: Partner Rates
1 PT	1 hour of personal training *only for current/returning clients	If you're looking for a new workout or a touch up on your current program, this is for you.	\$63	\$50	Member - \$76 Non-member - \$95
3 PT	3 hours of personal training	This is perfect for someone who wants help getting started with a variety of exercises and workouts.	\$150	\$120	Member – \$180 Non-member – \$225
6 PT	6 hours of personal training	If you want to work with someone more extensively to make sure you are executing the program properly and progressing the way you want.	\$285	\$228	Member – \$342 Non-member – \$428
12 PT	12 hours of personal training	This is ideal for people who want regular contact with a trainer to maximize their results. This allows you to keep progressing safely and have regular updates to your program.	\$550	\$440	Member – \$660 Non-member – \$825

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Good for those new to exercise, beginners, and those who exercise for health and general fitness benefits.



Good for those with performance goals, taking their exercise to the next level, recreational or elite athletes. Services are performed by a Certified Exercise Physiologist.



All Inclusive Packages – Assessment & Personal Training

Options	Description	Who this is for	Non-member	Member
Starter	No longer offering this package.	N/A	N/A	N/A
Jump Start	No longer offering this package.	N/A	N/A	N/A
Jump Start Plus	Healthy Fitness Assessment & consultation + 3 PT sessions.	People who want to measure their current fitness level and work with a personal trainer to address individual goals.	\$253	\$203
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.	People who want to measure their current fitness, strengths and weaknesses, along with a consultation to help shape their exercise program and a training session to ensure proper execution of your plan.	\$140	\$112
The Works Plus	Consultation, Assessment + 1 PT session. The assessment includes: In-depth Body Composition (including % body fat and metabolic rate), assessment of muscular strength, endurance, power, flexibility and balance, plus a VO2 max test using direct gas analysis through maximal intensity exercise to measure aerobic fitness. All results are interpreted and compared to Canadian age and gender norms.	If you want a comprehensive assessment of your current health and fitness plus some one-on-one time with a trainer to guide your exercise program, this is the right package for you.	\$225	\$180
Peak Performance	Goal related testing (aerobic or anaerobic assessment, muscular strength, endurance and power), Functional Movement Analysis, In-depth Body Composition (including % body fat and metabolic rate), Resting Metabolic Rate, 8 week program design and 10 hours of personal training.	This package has it all! Specific test selection based on your individual goals related to all components of fitness, daily calorie needs for changes in body composition along with our most comprehensive program design and ongoing personal training.	\$725	\$580

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Body Composition Assessment 	In-depth body composition including % body fat and metabolic rate along with interpretation/guidance regarding training and body composition goals. All results will be compared to Canadian age and gender norms or sport specific norms.	For someone who wants a detailed analysis of their body composition, including what proportion of their mass is lean and fat mass and how it is distributed on your body.	\$63	\$50
Body Composition Assessment - Pre & Post 	Two in-depth body composition assessments at two different time periods (recommended minimum of 8 weeks between assessments).	For those who want to thoroughly document their body composition progress before and after a training program.	\$102	\$82
VO ₂ max 	VO ₂ max is the gold standard in aerobic fitness assessment. Using direct gas analysis through maximal intensity aerobic exercise we will determine your maximal heart rate, maximal oxygen consumption as well as outline your heart rate and pace specific training zones.	Ideal for someone interested in personal performance or who wants a more precise exercise prescription whether for performance or health. Also a good way to assess the results of your program when taken pre and post.	\$110	\$88
The Works 	Consultation + Assessment. The assessment includes: In-depth body composition (including % body fat and metabolic rate), assessment of muscular strength, endurance, power, flexibility and balance, plus a VO ₂ max test using direct gas analysis through maximal intensity exercise to measure aerobic fitness. All results are interpreted and compared to Canadian age and gender norms.	If you want a comprehensive assessment of your current health and fitness this is the package for you.	\$182	\$145
Functional Movement Analysis 	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.	This assessment is useful for everyone. Improved functional movement can reduce stress on the body, prevent injury, regain proper movement patterns, increase body awareness, and increase the effects of training and conditioning.	\$82	\$65