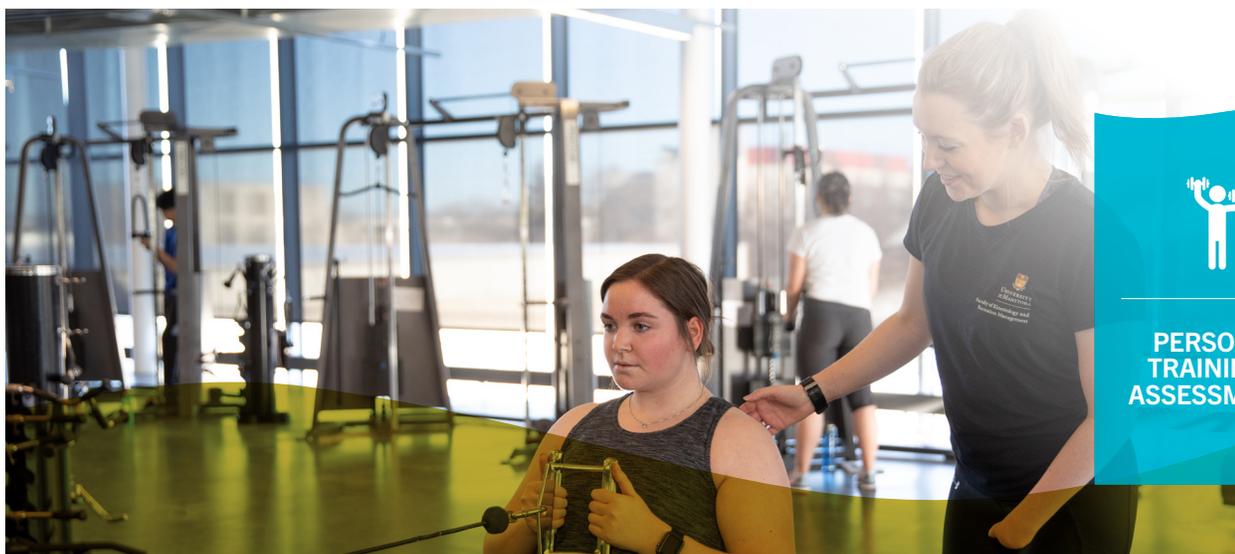


# PERSONAL TRAINING & ASSESSMENTS



## 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

# PERSONAL TRAINING & ASSESSMENTS



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 	1/2 hour consultation + 3 PT sessions *Also available for Partner Training.	People who need help getting started with an exercise plan and extra time with a personal trainer. A program and guidelines will be provided based on your goals, exercise history and preferences.	\$197	\$158
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 	No longer offering this package.	N/A	N/A	N/A
The Works Plus 	No longer offering this package.	N/A	N/A	N/A
Peak Performance 	No longer offering this package.	N/A	N/A	N/A

# PERSONAL TRAINING & ASSESSMENTS

Assessments Only – no personal training included				
Options	Description	Who this is for	Non-member	Member
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 <sub>2</sub> max 	VO2 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 	No longer offering this package.	N/A	N/A	N/A
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