



PERSONAL TRAINERS PROGRAM

Are you ready to take the first step in your fitness journey?

Our Certified Personal Trainers are ready to guide you!
Whether you want to get tone, gain muscle, build endurance
or just be healthy, our trainers can get you on the right track to
accomplishing your goals.

	Students (Up to Grade 12)	Adults (Ages 18+)	Seniors (Ages 55+)
Rec Center Members			
30 MINUTES	\$5	\$15	\$5
HOUR	\$10	\$25	\$10
Non-Members			
30 MINUTES	\$10	\$20	\$10
HOUR	\$15	\$30	\$15

Fitness Assessment - Free for Rec Center Members/\$10 for Non-Members
Price is per session

*Receive the GRAND SLAM free session
with pre-purchase and scheduling of 4 one-hour sessions!*

*Training is paid in advance. Fees are nonrefundable unless serious injury or illness
occurs. Once training is scheduled, both Client and Trainer are responsible
for those time slots.*