

What is Personal Training?

Personal Training is for everyone! All people can benefit from time spent with one of our highly qualified trainers. This means increased knowledge and improved technique that optimizes function and decreases your chance of injury. A great way to let yourself be pushed and held accountable to better make your goals. Our certified personal trainers have a variety of experience ranging from core stability, sport-specific training, post-rehabilitation, weight management, and Olympic weightlifting.



Our trainers are among the most qualified in Calgary. They all have their university degree and nationally and internationally recognized post-degree certifications in assessment and advanced exercise prescription.

Personal Training Services

Our Personal Training Staff can assist you with any of your fitness needs:

- *Personalized program design*
- *Health and functional fitness training*
- *Post-rehabilitation conditioning*
- *Sport-specific prescription and training*
- *Pair or small group training*
- *Personal Training for your spouse or significant other*
- *Advanced fitness and health testing*
- *Overcome a plateau*
- *Goal setting and lifestyle counseling*
- *General nutritional information*
- *Referrals to other health professionals (dietician, physiotherapy, etc)*

Our trainers are available to you as a fee

Western Canadian Place Fitness Centre

707- 8th Avenue SW, P1 Level
Calgary, AB
T2P-1H5

(403) 662-2240
www.wcpfitness.ab.ca

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2010 Personal Training Rates

Optimizing One-on-One Training		
	Elite	Exec.
5 Session Packages	\$286 +GST	\$300 +GST
10 Session Packages	\$530 +GST	\$560 +GST
20 Session Packages	\$965 +GST	\$1020 +GST

Program Design Only		
*include one-hour session with the trainer		
	Elite	Exec.
Basic Program Design *includes a basic 2 point movement screen	\$106 +GST	\$118 +GST
Enhanced Program Design *includes a 7 point functional movement screen <u>Or</u> a 2 point movement screen <u>and</u> cardiorespiratory testing <u>or</u> body composition	\$124 +GST	\$138 +GST
Executive Program Design *includes a 7 point functional movement screen <u>and</u> cardiorespiratory testing <u>or</u> body composition measurements	\$142 +GST	\$158 +GST

Re-assessment or Body Composition	\$32 +GST	\$35 +GST
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Pair Training		
	Elite	Exec.
5 Session Packages	\$415 +GST	\$456 +GST
10 Session Packages	\$800 +GST	\$880 +GST

Small Group Training		
	Elite	Exec.
3-Person Groups 5 Sessions	\$574	\$638
10 Sessions	\$1063 +GST	\$1181 +GST
4-Person Groups 5 Sessions	\$665	\$740
10 Sessions	\$1242 +GST	\$1380 +GST

Non-Member Training (spouses and dependants over 18 years old)		
	Elite	Exec.
5 Session Packages	\$331 +GST	\$345 +GST
10 Session Packages	\$620 +GST	\$650 +GST
20 Session Packages	\$1145 +GST	\$1200 +GST
5 Session Pair Training	\$460 +GST	\$501 +GST

2 Levels of Personal Trainers:

- Elite Personal Trainer
- Executive Personal Trainer

One-on-One Training:

Experience personal attention during each one hour session for maximal results! Have your personal fitness characteristics assessed as needed with application into each personalized session.

Program Design:

If you have a tight budget, experience, and the drive and motivation to get it done, but need new ideas or a specifically designed program, this option may be for you. After consulting with you about your goals, exercise history and other needs, and doing a physical assessment our trainer will build your own in-depth individual program and then lead you through it, to explain everything (includes one hour hands-on training session).

Pair Training:

Partner training is an excellent way to help increase the intensity of your workout, while adding more motivation, encouragement and fun, and making training a little more cost effective.

Small Group Training:

The more the merrier. Group training is an excellent way to help lower training costs while still working towards your goals. Friends with similar goals and fitness levels will have a blast training together as they're taken through the paces by one of our PT staff.

Non-Member Training:

Share the gift of fitness with a loved one. (spouses and dependants over 18 years old)