

## 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 allow 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 weight-lifting.



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)*

75% of people who exercise are not getting the results they want, but the 25% who do get results, 90% of them are working with a personal trainer.

-Idea Magazine

## Personal Training Services



707-8th Avenue SW, P1 Level  
Calgary, AB  
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(403) 662-2240

[www.wcpfitness.ab.ca](http://www.wcpfitness.ab.ca)

Managed by HSG—Health Systems Group Ltd.

## 2011 Personal Training Rates

Optimizing One-on-One Training		
	Elite	Exec.
5 Session Packages	\$317 +GST	\$352 +GST
10 Session Packages	\$587 +GST	\$653 +GST
20 Session Packages	\$1087 +GST	\$1209 +GST

Program Design Option		
*includes one-hour session with the trainer to learn the program		
	Elite	Exec.
<b>Basic Program Design</b> *includes a basic 2 point movement screen	\$113 +GST	\$125 +GST
<b>Enhanced Program Design</b> *includes a 7 point <i>Functional Movement Screen</i> or a 2 point movement screen <u>and</u> cardiorespiratory testing <u>or</u> body composition measurements	\$135 +GST	\$150 +GST
<b>TPI Golf Assessment &amp; Prescription</b>	\$160 +GST	
<b>Re-assessment, add-on, or Body Composition</b>	\$37 +GST	\$42 +GST

Pair Training		
	Elite	Exec.
5 Session Packages	\$482 +GST	\$533 +GST
10 Session Packages	\$893 +GST	\$987 +GST

Small Group Training			
	Elite	Exec.	
3-Person Groups	5 Sessions	\$634	\$706
	10 Sessions	\$1173 +GST	\$1307 +GST
4-Person Groups	5 Sessions	\$727	\$806
	10 Sessions	\$1347 +GST	\$1493 +GST

Non-Member Training		
	Elite	Exec.
5 Session Packages	\$367 +GST	\$402 +GST
10 Session Packages	\$687 +GST	\$753 +GST
20 Session Packages	\$1287 +GST	\$1409 +GST
5 Session Pair Training	\$582 +GST	\$633 +GST
TPI Golf Assessment & Prescription	\$180 +GST	

### 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.

**Fascial Stretch Therapy** sessions loosen tension from joints, muscles and other fascia; decrease pain; and increase range of motion.

### 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, other needs and going through a physical assessment, our trainer will build your in-depth individual program and then lead you through it in a one hour hands-on training session.

The **TPI Golf Assessment & Prescription** involves assessing 12 movements vital to golf which guide the prescription of corrective exercises designed to improve your function and golf game.

### Pair & Small Group Training:

Partner and small group training is an excellent way to help increase the intensity of your workout, while adding more motivation, encouragement and fun. It's a good way to help lower your training costs while still working toward your goals. The more the merrier.

### Non-Member Training:

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

### Elite Trainers:

University degree with CSEP-CPT and experience.

### Exec. Trainers:

University degree and CSEP-CEP or CSEP-CPT