

LET'S GET STARTED

1. Complete this Personal Training form.
2. Complete the enclosed PAR-Q+ form.
3. Submit completed Personal Training form and PAR-Q+ form to a receptionist at any Saanich recreation center.
4. Make payment for personal training sessions.
5. You will receive a call from the fitness programmer to schedule your sessions.

Date: _____ Age: _____

Name: _____

Phone: _____

Email: _____

Emergency contact name and phone number:

Do you have weight training experience? Yes \ No

Do you exercise regularly? Yes \ No

Do you have any health conditions, injuries, illness?
Yes \ No

Explain: _____

Your fitness goals are: _____

Days/time preferred: _____

Name of preferred trainer: _____

Check Package/Sessions requested:

Sessions	2x	4x	8x	12x	20x
Private					
Semi-private					

Packages

Start-Up	
Total Body	

FOR MORE INFORMATION

Cedar Hill Recreation Centre

3220 Cedar Hill Road, Victoria BC
V8P 3Y3 | 250-475-7121

G.R. Pearkes Recreation Centre

3100 Tillicum Road, Victoria BC
V9A 6T2 | 250-475-5400

Gordon Head Recreation Centre

4100 Lambrick Way, Victoria BC
V8N 5R3 | 250-475-7100

Saanich Commonwealth Place

4636 Elk Lake Drive, Victoria BC
V8Z 5M1 | 250-475-7600

This collection of personal information is authorized under section 26(c) of the Freedom of Information and Protection of Privacy Act. The information will be used for administrative and/or operational purposes. Questions can be directed to the District's Privacy Officer at: 770 Vernon Avenue, Victoria BC, V8X 2W7, t. 250-475-1775, e. foi@saanich.ca

PERSONAL TRAINING

Become fit & healthy with Saanich Recreation



PARKS, RECREATION
& COMMUNITY SERVICES

saanich.ca/recreation



Saanich Personal Trainers are certified fitness professionals who work with clients of all ages and fitness levels, to help them achieve their fitness goals.

To assist with achieving clients' goals, the trainer will:

- Create a customized exercise program
- Demonstrate safe exercise application
- Provide performance tracking
- Set a healthy workout momentum

Get started today! Book your appointment with a professionally certified trainer who will customize a program just for you.



PRIVATE SESSIONS

Each session is one hour.

- 2 Sessions \$124
- 4 Sessions \$248
- 8 Sessions \$472
- 12 Sessions \$708
- 20 Sessions \$1180

SEMI-PRIVATE SESSIONS

Each session is one hour.

Book with a friend or family member.

Price per person.

- 2 Sessions \$80
- 4 Sessions \$160
- 8 Sessions \$296
- 12 Sessions \$444

- Expiry date is one year after purchase.
- GST will be applied.
- Rescheduling policy - call reception 24 hours in advance to reschedule and avoid loss of your session.
- If we are unable to accommodate your request, a full refund will be issued.

PACKAGES

START-UP FIRST STEPS

Ready to make a change? Take the first steps to a healthier you. This comprehensive, **14-session** personal training package equips you with the knowledge and ability to improve your health and fitness for the long term. Includes:

- 1 pre-fitness assessment session
- 12 training sessions
- 1 post-fitness assessment
- 6 drop-in admissions

Sessions are scheduled twice per week and completed over 10 weeks. Each session is one hour.

Cost \$800

TOTAL BODY TRANSFORMATION

Research shows that 12 weeks is the minimal time required to see measurable results from a lifestyle change. This extensive **26-session** package encompasses all areas of your fitness and health concerns, including creation of a customized exercise program and ongoing training support.

Includes:

- 1 pre-fitness assessment session
- 24 training sessions
- 1 post-fitness assessment
- 12 drop-in admissions

Sessions are scheduled twice per week and completed over 16 weeks. Each session is one hour.

Cost \$1,500