

# FITNESS CENTRE

## PERSONAL TRAINING SERVICES

Maximize your work out with one of our certified personal trainers!

No matter what your goal is, our qualified personal trainers can offer you the expertise and guidance you are looking for. Your trainer will ensure you are exercising with proper form in order to maximize efficiency and most importantly keep you injury-free. Our goal is for you to leave the sessions feeling accomplished, empowered and strong. Contact us to set up a complimentary consultation today!

### One-On-One Training

Enjoy the personal attention of your trainer who will be taking you through a fun and challenging workout specifically designed for you. Experience increased motivation, self-confidence and energy levels with on-going sessions. Available in 60 or 30 minutes.

	<b>Certified Trainer</b>	<b>Senior Trainer*</b>
<b>60 minutes</b>		
3 Sessions	\$216	\$240
5 Sessions	\$345	\$385
10 Sessions	\$645	\$715
<b>30 minutes</b>		
3 Sessions	\$127	\$141
5 Sessions	\$202	\$225
10 Sessions	\$380	\$420

### Pair Training

Have a friend who is also looking into personal training? You might want to consider pair training! Not only it saves you some money, it also keeps you accountable and makes a session more fun! Available in 60 or 30 minutes.

	<b>Certified Trainer</b>	<b>Senior Trainer*</b>
<b>60 minutes</b>		
5 Sessions	\$500	\$555
10 Sessions	\$950	\$1050
<b>30 minutes</b>		
5 Sessions	\$310	\$340
10 Sessions	\$570	\$630

### Program Design

This service is perfect for members who want to follow a personalized program designed for progression and results. Program design by a certified trainer is \$135 and \$150 by a senior trainer.

\*LIVNorth senior trainers are certified CSEP Clinical Exercise Physiologists with 5+ years of training experience.

*All prices listed not including GST*

