

## 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 centre.
4. Make payment for personal training sessions.
5. The fitness programmer will contact you 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/times available: \_\_\_\_\_

Trainer preference: \_\_\_\_\_

Check package/sessions requested:

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

### Packages

Start-Up	
Lifestyle Change	

## 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](mailto:foi@saanich.ca)

# Personal Training



**Become fit  
and healthy  
with Saanich  
Recreation**



**PARKS, RECREATION  
& COMMUNITY SERVICES**

[saanich.ca/recreation](http://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 \$128
- 4 Sessions \$256
- 8 Sessions \$488
- 12 Sessions \$732
- 20 Sessions \$1220

### SEMI-PRIVATE SESSIONS

Each session is one hour.

Book with a friend or family member.

Price per person.

- 2 Sessions \$84
- 4 Sessions \$168
- 8 Sessions \$312
- 12 Sessions \$468

- Expiry date is one year after purchase.
- GST will be applied.
- Cancellation policy - to avoid loss of a session, call reception 24 hours in advance.



## PACKAGES

### START-UP

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 intended to be scheduled twice per week. Each session is one hour.

Cost: \$850

Semi-private cost: \$550 per person

### LIFESTYLE CHANGE

Research shows that 12 weeks is the minimal time required to see measurable results from a lifestyle change. This extensive **26-session** package includes a customized exercise program to improve your health and fitness. Includes:

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

Sessions are intended to be scheduled twice per week. Each session is one hour.

Cost: \$1,590

Semi-private cost: \$1,015 per person