

WELLNESS CENTRE HOURS

Monday to Sunday: 5:30 a.m. to 10:30 p.m.
Friday YOUTH ONLY: 8 p.m. to Close

See www.esquimalt.ca/parksRecreation/ for ongoing updates and information about fitness. Now – follow us on Facebook and Twitter, link from our website.

Wellness Centre Orientations: Complimentary for pass holders or with a drop-in fee. Trained staff will provide a basic introduction to the weight room facility. This is not personal training. Youth orientations include a written portion and require parental consent for participation. Call 250-412-8502 to book.

Group Personal Training

Interested in Personal Training but don't want to do it alone? We have monthly small group training sessions to help you reach your fitness goals. 1 month. 2 classes per week. Maximum of 4 registrants/class. First class will be a baseline body/fitness assessment. Please return paperwork 3 days before course start date.

34192 Tu/Thu Sep 13-Sep 29
5:15PM-6:15PM \$102 /6

34193 Mon/Wed Sep 12-Sep 28
7:30AM-8:30AM \$102 /6

34194 Mon/Wed Oct 03-Oct 31
7:30AM-8:30AM \$136 /8

34204 Tu/Thu Oct 04-Oct 27
5:15PM-6:15PM \$136 /8

34195 Mon/Wed Nov 07-Nov 30
7:30AM-8:30AM \$136 /8

34196 Mon/Wed Dec 05-Dec 21
7:30AM-8:30AM \$102 /6

34203 Tu/Thu Dec 01-Dec 29
5:15PM-6:15PM \$153 /9
Larissa Danylyshyn



FIND OUT MORE ABOUT OUR OTHER FITNESS AND DROP-IN PROGRAMS

- Stretch & Strength
- Total Challenge Classes
- Kettle Bell
- Osteo Fit
- Abs Lab
- Bellyfit
- Mixed Interval Challenge
- Power Circuit
- Ball & Strength
- Core Strength
- Box Fit
- Drop-In Beginner Flow & Hatha Yoga
- Jazzercise
- 50+ Circuit: Interval/Strength Training
- Weight Training For Women
- Extreme Fit
- Martial Bootcamp
- Mommy Bootcamp
- Outdoor Bootcamp
- Dance Fitness: Nia, Groove, Zumba

Call us at 250-412-8502 or visit our website at www.esquimalt.ca/recreation

Personal Training.

You've got a friend.



Personal Trainers.
Great Facilities.
Great Value.



Personal Training at Esquimalt.

OUR PACKAGE OPTIONS:

THE BASIC

1.5 hours - \$75 (private) \$38 per person (semi-private 2 people)

- Facility & WC orientation (basic program developed)
- Fitness Assessment (cardio, strength, measurements, flexibility)
- Workout program developed
- Schedule planning (we plan your fitness week with you)
- 2 complementary passes to the facility

THE BASIC PLUS

3.5 hours - \$175 (private) \$88 per person (semi-private 2 people)

- Facility & WC orientation (basic program developed)
- Fitness Assessment (cardio, strength, measurements, flexibility)
- Workout program developed
- Schedule planning (we plan your fitness week with you)
- 4 complementary passes to the facility

RESULTS PROGRAM

12 hours - \$510 (private) \$255 (semi-private 2 people)

- Fitness Assessment (cardio, strength, measurements, flexibility)
- Schedule planning (we plan out your "fitness" week with you)
- 6 complementary passes to the facility
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RESULTS PLUS

20 hours - \$825 (private) \$415 (semi-private 2 people)

- Fitness Assessment (cardio, strength, measurements, flexibility)
- Schedule planning (we plan out your "fitness" week with you)
- 20 hours of Personal Training
- 10 complementary passes to the facility

PERSONAL TRAINING NOTES

- All PT services purchased are to be used within 1 calendar year unless otherwise indicated.
- PT Services are non-refundable.
- Passes shared for semi-private sessions.
- All prices listed are NOT including tax.

Why Hire a Personal Trainer?

Accurate Fitness Evaluation. As experts in their field, they know the balance of pushing for results and injury/over-use prevention.

Motivation. Trainers keep you going - and accountable.

Customization. Get the plan, that will work for you!



Personal Training Services

Professional Trainers. Outstanding Results.

We take your training seriously, proudly going above and beyond to help you reach your goals.

Get started today by completing a Personal Training Package at the Recreation Centre Front Desk or follow the links online: www.esquimalt.ca/recreation.

1 hour session, \$50.00. Please note that first time clients must purchase a minimum of 2 sessions.

1 Hour Sessions:

Private	Semi-Private
1 - \$50	\$25/person
2 - \$100	\$50/person
3 - \$150	\$75/person
4 - \$190	\$95/person
6 - \$270	\$135/person
8 - \$350	\$175/person
10 - \$430	\$215/person

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