

Our Certified Personal Trainers get you results!

We offer our personal training services on land, water, or a mixture of the two. Our trainers are available on your schedule and will design a personalized program to help you achieve your goals.

CONTACT INFORMATION

Name: _____

Age: _____ Phone : _____ Email : _____

Do you have an account with Esquimalt Parks and Recreation? _____

ADDITIONAL INFORMATION

TRAINER PREFERENCE: ☐ Male ☐ Female OR Name of Trainer: _____

Number of Sessions Requested: (Please see reverse side for hourly rates and packages) _____

Package Requested (check one): ☐ Commit 2B Fit ☐ Results Plus ☐ Transformational

Days and Times Preferred: _____

How many times per week do you currently exercise? _____

What type of exercise? _____

What are you looking to achieve from Personal Training? _____

MEDICAL OR INJURY INFORMATION

Do you have any injuries or conditions (please check):

☐ Heart/Circulation ☐ Blood Pressure ☐ Heart/Circulation ☐ Diabetes ☐ Arthritis ☐ Muscle/Joint
☐ Epilepsy ☐ Recent Surgery ☐ Other: _____

Medications: _____

Allergies: : _____

Please sign below if your Doctor has recommended exercise.

Please Note: A Medical Clearance form may be required prior to participation

Signature: _____ Doctor's Name: _____

Our guidelines for participation are as follows:

1. Personal Training requires payment in full at Reception prior to your first session. Your receipt is required at the first session. Please meet your trainer in the Weight Room.
2. 24 hours cancellation notice is required to reschedule your session.
3. To optimize your session, please come on time and prepared to exercise.

Thank you for completing a personal training request form, we will contact you to book your session and get you started!

Introduction Package

Commit 2B Fit Personal Training Package \$390 + tax

- 8 hours of one-on-one personal training
- Have a fitness plan created for you and learn proper strength and conditioning techniques
- No semi-privates available with this package.
 - Sessions must be used within 6 months of purchase.
 - Special Pricing on 10 Times Punch Pass for those that purchase the Commit 2B Fit Package.

Advanced Packages

RESULTS PLUS

12 hours (\$52.00/hr)

\$625(private) + tax

\$312.50/person (*2 people) + tax

- Fitness assessment: cardio, strength, flexibility
- Schedule planning your "fitness" week
- 6 complementary facility admissions to Wellness Centre or drop in fitness classes.

TRANSFORMATIONAL *Best Hourly Rate*

20 hours (\$47.00/hr)

\$940 (private) + tax

\$470/person (2 people) + tax

- Fitness assessment: cardio, strength, flexibility
- Schedule planning your "fitness" week
- 8 complementary facility admissions

Hourly Packages We have several hourly session options, buy more and save!
Bring a friend and split the cost of any of our hourly sessions.

	PRIVATE	SEMI-PRIVATE
1HR	\$61/Hour	\$34.00 Person/Hour
3HR	\$58/Hour	\$32/Person/Hour
5HR	\$56/Hour	\$30/Person/Hour
7 or 9HR	\$54/Hour	\$28/Person/Hour



Personal Training Cancellation and Refund Policy

Personal training sessions are valid for one year from the date of purchase and are non-transferable. Personal Trainers require 24 hours notice of session cancellation. Non-refundable, loss of session with less than 24 hour's notice. Refunds will only be granted if client sustains a medical condition that prevents them from continuing with their training.

Please submit completed forms to Esquimalt Recreation Centre Reception.
We look forward to being a part of your fitness journey.