

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 : _____

Gender : ☐ Male ☐ Female Do you have an Account with Esquimalt Parks and Recreation? _____

ADDITIONAL INFORMATION

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

What type of session (check one): ☐ Orientation ☐ Assessment ☐ Personal Training

Number of Sessions Requested: _____

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

Days and Times Preferred: _____

How many times per week do you currently exercise? _____

What type of exercise? _____

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(\$344 = \$46 per hour for 8 hours)

- 8 hours of one-on-one personal training
- Have a fitness plan created for you
- Learn proper strength and conditioning techniques
- Only available to purchase one time per person;
 - 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

12 Hours (\$49.00/hr)

\$588(private)

\$294/person (*2 people)

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

Results Plus *BEST DEAL PER HOUR

20 Hours (\$45.00/hr)

\$900 (private)

\$450/person (*2 people)

- Fitness Assessment: cardio, strength, flexibility
- Schedule planning your "fitness" week
- 6 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	\$57/Hour	\$30.00 Person/Hour
3HR	\$55.00/Hour	\$29.00 Person/Hour
5HR	\$53/Hour	\$28.00/Person/Hour
7 or 9HR	\$51/Hour	\$27.00/Person/Hour

Semi Private Personal Training involves working with a trainer and a friend or family of your choosing.



To get started fill out the Personal Request Form or contact Steph Reid, Fitness and Wellness Programmer at 250 412-8502. Please submit completed forms to Esquimalt Recreation Centre Reception.

We look forward to being a part of your fitness journey.