

# WHAT IS PERSONAL TRAINING?



Personal training is a one-on-one workout with a certified coach.

Your personal trainer will assist you to reach your health and fitness goals.

Your trainer will help to motivate, ensure proper technique, maximize your time, provide regular evaluation and assessment and improve your overall fitness with a customized workout designed for you.

# MEET YOUR GOALS!

## BENEFITS OF PERSONAL TRAINING

- Optimize each workout with a customized program
- One-on-one individualized instruction and correction
- Enjoy consistent and safe workouts
- Learn new training techniques and exercises
- Take your workout to the next level



# PERSONAL TRAINING INFORMATION

[www.king.ca/fitness](http://www.king.ca/fitness)

# IS PERSONAL TRAINING FOR YOU?

Would you like to take your training to the next level?

New to working out and need some direction?

Not seeing results?

Bored with the same old workouts?

Do you need accountability and motivation?

Do you have a specific injury or medical condition?

Training for a special event or sport?

**If you answered “yes” to any of the above questions, book your complementary assessment today!**

## PERSONAL TRAINING PACKAGES

### ONE-ON-ONE TRAINING RATES

R – Resident   N – Non-Resident

1 SESSION	R: \$47.05 N: \$51.75
5 SESSIONS	R: \$209.25 (\$41.85/SESSION) N: \$230 (\$46/SESSION)
10 SESSIONS	R: \$366 (\$36.60/SESSION) N: \$402.50 (\$40.25/SESSION)
20 SESSIONS	R: \$690 (\$34.50/SESSION) N: \$759 (\$37.95/SESSION)

### TWO-ON-ONE TRAINING RATES

R – Resident   N – Non-Resident

1 SESSION	R: \$34.50 / PERSON N: \$37.95 / PERSON
5 SESSIONS	R: \$151.50 / PERSON (\$30.30/SESSION) N: \$166.75 / PERSON (\$33.35/SESSION)
10 SESSIONS	R: \$261.50 / PERSON (\$26.15/SESSION) N: \$287.50 / PERSON (\$28.75/SESSION)
20 SESSIONS	R: \$502 / PERSON (\$25.10/SESSION) N: \$534 / PERSON (\$27.60/SESSION)

**\*All fees are subject to HST**

## TRAINING PROGRAMS

### GROUP FUNCTIONAL TRAINING

R: \$128 / person | N: \$141 / person

- Build your own fitness team of friends or allow us to connect you with others that share similar fitness goals
- Work together and motivate each other to reach your goals
- 10-weeks (1 x / week)
- Groups consist of 4-6 people

### YOUTH IN FITNESS

R: \$134.50 / person   N: \$148 / person

- This program is designed to target youth in becoming more active and interested in their own health and fitness
- Participants will learn how to set realistic training goals, proper set up of cardio/weight training machines and how to develop a structured fitness program
- 4 personal training sessions

### TEAM TRAINING

R: \$581.30 / 5 pack | N: \$639.50 / 5 pack

R: \$1034 / 10 pack | N: \$1137.50 / 10 pack

- Dryland Training - is designed to promote optimal physical improvements through a hockey specific progression of strength, power and speed focused exercises. The primary goal is to improve your most basic physical asset, STRENGTH; your SPEED and POWER will also improve as a result of your strength gains. The program also is designed to decrease injury susceptibility.