

Personalized Programs to Meet Your Needs

Let our Personal Trainers customize a program to meet your specific requirements. Our members appreciate our "results based" approach and love our beautiful and welcoming facility. You'll be in good hands with our experienced and educated staff.

- *New to Exercise?*

Personal Training is ideal for individuals who are unfamiliar with proper exercise techniques, who want to manage their weight, who want increased vitality and want to make fitness fun!



- *Aquatic Centre Members*

Muscles become efficient at doing the same exercises over and over. Personal Training is a great way to revise your program, keep your body tuned and stay motivated!

- *Sports Conditioning*

We offer programs for a variety of sports at competitive and non-competitive levels.

- *Specialized Requirements*

Personal training is a safe and effective exercise solution for pre and post surgery patients, cardiac patients, individuals with osteoporosis, arthritis, or pre or post-natal mothers. Fitness improves the immune system and increases the body's ability to heal.

- *Active Rehabilitation*

If you are involved in active rehabilitation, our personal trainers work with you and your health care professional to develop a program to enhance your transition and integration into a regular exercise program.



West Vancouver Community Services

Health and Fitness

Personal Training



Health and Fitness

Building personal and community health

West Vancouver Aquatic Centre

2121 Marine Drive, West Vancouver, BC V7V 4Y2
Tel: 604-925-7210

Gleneagles Community Centre

6262 Marine Drive, West Vancouver, BC V7W 2S5
Tel: 604-921-2100

www.westvancouver.ca

westvancouver

Your Commitment to Health

Revised May 2007

westvancouver

building community

Health and Fitness

Building personal and community health

Personal Training: Promoting Healthy Lifestyles

At West Vancouver Community Services, our approach to health and fitness is balanced. Being healthy means adopting a lifestyle that strengthens the body and the mind through regular exercise, healthy diet, sleep and stress management.

Whether your goals are building muscle, controlling weight, sport specific training, reducing stress or active rehabilitation, a personal trainer will help you:



- Start and maintain a safe and effective exercise program
- Reduce health risks
- Improve your quality of life and increase your energy level
- Improve your posture
- Achieve your fitness goals
- Stay up to date with the latest health and wellness information
- Stay motivated and have fun!

Equipped with the most up-to-date research for program design, our qualified, friendly trainers will ensure you receive the very best the fitness community has to offer.



All of our personal trainers are employees of the District of West Vancouver and comply with the highest of standards of practice.

Training is available one-on-one, semi-privately or in a small group (3-4).



Make the Commitment

To inquire about personal training services, please contact one of our Health and Fitness Coordinators: 604-925-7231 at the West Vancouver Aquatic Centre or 604-921-2114 at the Gleneagles Community Centre. The Health and Fitness team will help you choose a trainer and personal training package to suit your individual needs and goals.

Pick up your Client Information Package from the customer service desk or print it from http://www.westvancouver.ca/upload/documents/Health_and_Wellness/CLIENT_INFO_PACKAGE.pdf.

Payment can be made over the phone or in person. A personal trainer will contact you within 72 hours to set up your first appointment.

Please note: if you have an existing health condition, medical clearance from your physician may be required prior to your participation.

All personal training sessions expire within one year from the date of purchase and are non-transferable and non-refundable.

Cancellation Policy: 24 hours notice is required. Less than 24 hours notice will result in a non-refundable loss of your session.



Personal Training Pricing

Private Personal Training Packages

Number of Sessions	Cost per Session	Cost per Package
3	\$53	\$159
5	\$50	\$250
10	\$47	\$470
20	\$45	\$900

Semi-Private Training Packages (2 people)

Number of Sessions	Cost per Session	Cost per Package
3	\$38	\$114/person
5	\$36	\$180/person
10	\$35	\$350/person
20	\$34	\$680/person

Group Training Packages (3/maximum 4 people)

Number of Sessions	Cost per Session	Cost per Package
3	\$29	\$87/person
5	\$27	\$135/person
10	\$24	\$240/person
20	\$22	\$440/person

* Prices subject to change