

Fitness Services at Central Lions Seniors Recreation Centre

What is Personal Training?

Need Motivation to start a new workout routine? Or maybe you don't know where to start. No need to worry, we have Personal Trainers that can help.

Personal Training is individualized instruction that incorporates one's health history, goals, and current lifestyle into a comprehensive and educational exercise program that meets the client's specific needs.

Why hire a Personal Trainer?

There are many benefits to working with a Personal Trainer including:

- Learning how to begin an exercise program safely and intelligently.
- Knowing how to properly use strength and conditioning equipment.
- Increasing the efficiency and effectiveness of your workouts.
- Alleviating boredom and increasing your motivation and enjoyment.
- Decreasing your risk of encountering injury.
- Having a readily available resource of accurate fitness information.

About Our Trainers

All of our Personal Trainers are qualified instructors with credentials from the Alberta Fitness Leadership Certification Association (AFLCA) and Canadian Fitness Professional (Can-Fit Pro).

FITNESS SERVICES

PERSONAL TRAINING

A Personal Trainer can provide you with the ongoing technical and motivational support you may require to stay committed to an exercise program.

\$36.00/hr or 3 Sessions for \$90.00

GROUP PERSONAL TRAINING

An excellent way to both save money and still get personal attention. Group training also provides the perfect social environment where friends can assist in motivating each other.

4 friends for 4, 1-hour sessions: \$45.00/person

2 friends for 4, 1-hour sessions: \$85.00/person

Below is a chart indicating which areas of fitness we provide in the Fitness Center. For any inquires about these services please forward them to the Fitness Monitor. THANK YOU! 😊

Fitness Services	Goal Setting	Personalized Program Design	Equipment Orientation	Ongoing Support	Personal Group Setting
Personal Training	●	●	●	●	
Group Personal Training	●	●	●	●	●