

## HOW TO GET STARTED

1. Pick your trainer and notify the Front Desk.
2. The personal trainer will then contact you to set up a free consultation within 72 hours.
3. Purchase your sessions at the Front Desk.

## GENERAL INFORMATION

- Initial consultations are free of charge and will take approximately 15 minutes.
- All sessions will be one hour in length.
- Payment is due prior to the first session following initial consultation.
- 24 hour notice is required when cancelling an appointment. Failure to do so will result in the client being charged for the session.
- Sessions are non-refundable.

## PERSONAL TRAINING RATES

Number of Sessions	One on One Training	Train with a Friend
1 Session	\$51.45	\$77.20
3 Sessions	\$146.70	\$219.90
5 Sessions	\$231.55	\$347.30
10 Sessions	\$437.30	\$656.00

# PERSONAL TRAINING



# HAMILTON COMMUNITY CENTRE



(604) 718-8055



## WHY YOU SHOULD TRAIN WITH SUE

My passion is helping others to be healthier and stronger at any age. It's never too late to start living a healthy life. Fitness is a lifestyle that involves making the right choices with diet and exercise to reach one's goals. Making the right choices can be overwhelming but with me by your side, you will never doubt that



## ACHIEVEMENTS, CERTIFICATIONS &amp; SPECIALIZATIONS

- BCRPA Certified Personal Trainer
- Weight Training
- Group Fitness
- Older Adult Certification
- Weight Loss and Conditioning
- Core Strength and Balance
- High Intensity Interval Cardio
- Nutrition Advising

## EXPERIENCE

- Personal Trainer (2012—Present)
- Group Fitness Instructor (2012—Present)

## INTERESTS &amp; HOBBIES

I love going to the gym, exercising, cooking, watching romantic comedies and walking my dog.

## WHY YOU SHOULD TRAIN WITH JENN



If you are looking for a trainer who will push you to work harder, can offer a variety of exercises and understands the challenges of reaching your fitness goals, I'm the trainer for you. My motto is "Don't Wish For It, Work For It!" Wishing for something is only half the challenge; let me help you achieve your goals today!!

## EXPERIENCE

- BCRPA Personal Trainer (2013—Present)
- Weight Training and Older Adult Certified

## INTERESTS &amp; HOBBIES

I am a mom of two children and an avid off roader who loves to get into nature. I also play softball, volunteer on my children's school PAC and spend time with my kids.

## ACHIEVEMENTS, CERTIFICATIONS &amp; SPECIALIZATIONS

- Osteofit Certified (2013)
- Aquafit Certified (2014)
- Group Fitness & Boxing Boot Camps
  - Circuit training using a variety of styles - Boxing, Core & Strength, Interval Training
- Nutritional Consulting
- Holistic Nutritional Practitioner Diploma program. (Graduating October 2018)

## WHY YOU SHOULD TRAIN WITH BAL

I have a passion for Health and Fitness. I am highly approachable and will encourage you through your fitness journey. I believe every goal is attainable, but it takes changes in your workout and in the rest of your lifestyle, also. I will help you gain strength, tone up and feel great about what you can achieve!



## ACHIEVEMENTS, CERTIFICATIONS &amp; SPECIALIZATIONS

- BCRPA Registered Fitness Leader, Personal Trainer, Weight Trainer & Group Fitness Instructor
- Certified Indoor Cycle Fit Instructor
- Certified JrFit YouthTrainer (ages 7—13yrs)
- Weight & Strength Training
- Speed & Agility Training
- Group Fitness Classes:
  - Core & Strength, Core & Cardio, Abs & Back, TBC and Boot Camp
- Exercise for children

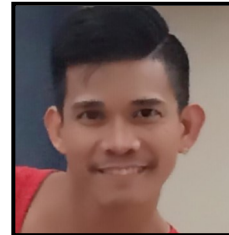
## EXPERIENCE

- Fitness Advisor/ Instructor/ Personal Trainer (2012—Present)
- Fitness Coach at Redline Conditioning (2012—Present)
- Fitness Instructor at Kwantlen Polytechnic University (2012—Present)

## INTERESTS &amp; HOBBIES

I enjoy reading, working out, and travelling. I also enjoy both playing and watching soccer.

## WHY YOU SHOULD TRAIN WITH DANNY



I offer a variety of playful yet challenging workout routines. My focus is to motivate, inspire and encourage you along the way to reach your goals whether it be losing weight, gaining muscle, toning your body, building strength or boosting your agility and endurance. Technique and execution of exercises are key, as I believe that proper exercise progression must be built from a strong foundation. Fitness should be safe and fun.

## EXPERIENCE

- Personal Trainer (2014—Present)
- Group Fitness, Zumba, Spin Cycle Instructor (2014—Present)
- Dance Instructor / Choreographer (1985—Present)

## INTERESTS &amp; HOBBIES

Dancing has been a part of my daily routine. I also love cycling and doing it outdoors in summer is the best.

## ACHIEVEMENTS, CERTIFICATIONS &amp; SPECIALIZATIONS

- CFES (Canadian Fitness Education Services)
- Zumba® Fitness
- Weight Training
- Strength and Agility Training
- Endurance and Hypertrophy Training
- Third Age Training (In Progress)