

## PERSONAL TRAINING RATES

\*ALL PRICES SUBJECT TO HST

# of sessions	Member Rates	
	30 Minutes	60 Minutes
1	\$28	\$46
5 (prepaid)	\$135	\$220
10 (prepaid)	\$250	\$415

# of sessions	Non-Member Rates	
	30 Minutes	60 Minutes
1	\$33	\$51
5 (prepaid)	\$155	\$240
10 (prepaid)	\$300	\$465

## SMALL GROUP TRAINING - 2-4 PEOPLE

Do you have a group of friends or co-workers that have a common goal or would love to be more active? Small group training is for you. Working out in a small group, with one of our CSEP-certified personal trainers is a great way to get all the benefits of personal training while saving money. The comradery of the group will provide great support and motivation and most importantly, keep the workouts fun. Appointments can be made at your convenience.

# of sessions	Group Rate (60 min)
1 session	\$57
5 (prepaid)	\$270
10 (prepaid)	\$515

\*Customized Packages available for larger groups.

Sign up today and start achieving your fitness goals!

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## PERSONAL TRAINING



## Benefits of Personal Training

- Enhanced quality of workouts
- Cutting edge training techniques
- Improved motivation and accountability

## MEET OUR PERSONAL TRAINERS...

**Brittany** has always had a passion for physical activity and exercise. An avid triathlete, Brittany has raced everything from sprint distances to the full Ironman, including the Ironman World Championships in 2016. Her education includes a Bachelor of Physical Education (Honours) and a Masters of Science from Brock University. Additionally, Brittany is a NCCP Certified Adult Triathlon Community Coach and is currently undergoing the steps to become an Exercise Physiologist. Brittany draws from personal experience and acquired knowledge to deliver a program that helps individuals reach new limits.

**Craig** has a Bachelor of Physical Education from Brock University and is a CSEP Certified Exercise Physiologist®. Craig will work with everyone to design a program that is both effective and realistic. He believes that a personal training session should be informative for the client so that they can learn how to properly adjust their own workout program. As our strength and energy levels change, so should our fitness routines.

**Erich** is a CSEP Certified Personal Trainer® with a Diploma in Fitness and Promotion. He has 10 years experience working with clientele of all ages and abilities. Erich has also worked as a cycling coach, teaching mountain bike skills to competitive and recreational riders of all ages and ability. Erich is involved in many organized sports, including hockey, soccer, cycling, and even darts! Some of Erich's areas of training expertise include; functional (everyday) movement, sport specific movement, lifting (deadlift, squat), and endurance training.

**Jen** is a CSEP Certified Exercise Physiologist® and has worked in the fitness industry on and off for the past 15+ years. She studied Kinesiology (BA) at the University of Western Ontario and Exercise Physiology (MSc) at Queen's University. Jen has spent most of her life in sport, fitness and outdoor pursuits. She believes the role of fitness (along with proper diet) is to stay healthy and to allow each individual to fully participate in life – from daily activities to workplace demands to leisure hobbies. As a trainer – Jen's goal is to fit the program to her client's wants, needs and abilities – everyone is different, so every exercise program needs to be as well. In addition to her role of the WS Fitness Club, Jen works as a Physiotherapist at Markham Stouffville Hospital.

**Ling** is a CSEP Certified Personal trainer® and a graduate of the Fitness and Health Promotion program at Humber College. She has a strong background in gerontology and psychology. She believes that people who have health conditions will get more benefit through an individualized exercise program. Ling is eager to help middle aged and senior clients achieve their fitness goals and improve their quality of life.

**Ralph** is a CSEP Certified Personal Trainer® and a graduate of the George Brown College Fitness and Lifestyle Management Program. He has trained a wide range of clients for over seventeen years, working with clients as young as twelve and as old as eighty as well as several national level athletes. Ralph has competed in triathlons and various road races including qualifying for the Boston Marathon. He believes that exercise programs are as unique as the individual and he will help you achieve your fitness goals with safe and proper training. Ralph's Motto: "Push your boundaries. Believe in yourself!"

**Randi** has a Bachelor of Arts degree in Physical Education from The University of Western Ontario and is a CSEP Certified Exercise Physiologist®. Randi has been working in the fitness and health industry for over 30 years, and has experience training a wide variety of clients, ranging in age from late teens into their 90's, encompassing general fitness, sport-specific training, rehab (injury, pre/post surgery, and cardiac), and PNF stretching. She enjoys cycling, growing her own vegetables, and watching movies.

