

## PERSONAL TRAINING RATES

ALL PRICES SUBJECT TO HST

Effective August 24, 2021

# of sessions	Member Rates	
	30 Minutes	60 Minutes
1	\$32.97	\$52.29
5 (prepaid)	\$158.98	\$248.00
10 (prepaid)	\$294.40	\$471.71

# of sessions	Non-Member Rates	
	30 Minutes	60 Minutes
1	\$38.86	\$57.97
5 (prepaid)	\$182.53	\$272.79
10 (prepaid)	\$353.28	\$528.54

## SMALL GROUP TRAINING (2-4 PEOPLE)

Do you have a group of friends or co-workers that have a common goal to be more active?

Working out in a group with a CSEP-certified personal trainer is the perfect way to help you stay motivated and get the benefits of personal training on a budget. Appointments are scheduled at your convenience and customized packages are available for larger groups.

# of sessions	Group Rate (60 min)
1 session	\$64.79
5 (prepaid)	\$306.89
10 (prepaid)	\$585.37

Sign up today to start exceeding your fitness goals!

**905-642-7529 ext. 5319**

craig.baillie@townofws.ca or barb.armstrong@townofws.ca

 Stouffville

**PERSONAL TRAINING**



Get the most out of your workouts with custom fitness in your own neighbourhood.



## MEET OUR PERSONAL TRAINERS

**Craig** has a Bachelor of Physical Education from Brock University and is a CSEP Clinical 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.

**Available: Mostly Evenings**

**Erich** is a CSEP Certified Personal Trainer® with a Diploma in Fitness and Promotion. He has 13 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.

**Available: Mostly Mornings and early afternoons**

**Randi** has a Bachelor of Arts degree in Physical Education from The University of Western Ontario and is a CSEP Clinical 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.

**Available: Late afternoons and evenings**

**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 and believes that people who have health conditions see more benefits through individualized exercise programs. Ling is eager to help middle aged and senior clients achieve their fitness goals and improve their quality of life.

**Available: Mostly mornings and early afternoons**

