



Why Personal Train?

The benefits to hiring a personal trainer are many.

A certified personal trainer has the knowledge and skills to provide you with a program to meet your individual goals. Whether you want to build muscle mass, lose body fat, tone, strengthen, rehabilitate an injury, or train for a sport or event, your trainer will help you achieve your goal providing expertise and motivation along the way.

What to expect from a personal training session at core fitness

At Core Fitness, we only give the best. Our personal training and small group training sessions are about you, the client. We will strive to help you achieve your goals, while keeping a safe and enjoyable environment.

Our trainers all meet or exceed current industry standards. Many of our trainers are Kinesiologists, which means they have taken 4 years of University education, specifically geared towards the body's adaptations to exercise. They know how to apply different training methods to your individual goals and how to adapt your program to any injuries or health concerns you may have.

All of our trainers also meet the provincial or national standards of personal training certification, which means they have taken an in-depth fitness theory course, weight training module and personal training module including theory and practical examinations.

We ensure you are in the best possible hands, to reach your fitness goals safely



Core Fitness 209-16th Ave. N
Cranbrook, BC, V1C 5S8

250-426-7161

www.corefitnessinc.ca



CORE FITNESS

CRANBROOK'S FITNESS EXPERTS

Exceptional
Trainers
Profound
Results



Personal
Training



What does a training session consist of?

Your first step is to pick up a package at the front desk, containing a medical clearance and information about your goals, current fitness level and health history.

During your training session in the gym, your trainer will guide you through your program, ensuring you have correct technique. He/she will spot you during your exercises and educate you on what muscles you are working and the benefit of doing the exercise.

Your session will finish with an assisted stretch to relax and rejuvenate your body.



Fitness Testing

Core Fitness Offers fitness testing performed by certified fitness appraisers (CSEP). A fitness test can give you a baseline measurement of your fitness level and aid in designing an exercise program, based on areas needing improvement.

FULL FITNESS ASSESSMENT (CPAFLA FORMAT) The full appraisal measures your resting heart rate and blood pressure, muscular strength, muscular endurance, body composition, flexibility, cardiovascular fitness and muscular power. Approximately 75-90 mins in length. \$65/session

BODY COMPOSITION ASSESSMENT

A determination of percent body fat and your relative health score according to Canadian (CPAFLA) standards by means of skinfold calliper testing. Five sites will be measured to determine your measurement. Approximately 20 minutes. \$20/test

To book any of the above services, call the front desk 250-426-7161 and they will help you get in touch with a personal trainer.



Personal Training Rates

PRIVATE PERSONAL TRAINING (ONE ON ONE)

| NUMBER OF SESSIONS | COST OF PACKAGE | COST PER SESSION |
|--------------------|-----------------|------------------|
| 1 | \$45 | \$45 |
| 3 | \$125 | \$42 |
| 5 | \$195 | \$39 |
| 10 | \$370 | \$37 |

SEMI-PRIVATE TRAINING (2 PEOPLE)

| NUMBER OF SESSIONS | COST OF PACKAGE | COST PER SESSION | COST PER PERSON |
|--------------------|-----------------|------------------|-----------------|
| 1 | \$60 | \$60 | \$30 |
| 3 | \$168 | \$56 | \$28 |
| 5 | \$260 | \$52 | \$26 |
| 10 | \$490 | \$49 | \$24.50 |

SMALL GROUP TRAINING (3-4 PEOPLE)

| NUMBER OF SESSIONS | COST OF PACKAGE | COST PER PERSON | COST PER PERSON (3 OR 4 PEOPLE) |
|--------------------|-----------------|-----------------|---------------------------------|
| 1 | \$75 | \$75 | \$25 OR \$18.75 |
| 3 | \$210 | \$70 | \$23.30 OR 417.50 |
| 5 | \$325 | \$65 | \$21.70 OR \$16.25 |
| 10 | \$620 | \$62 | \$20.70 OR 15.50 |

