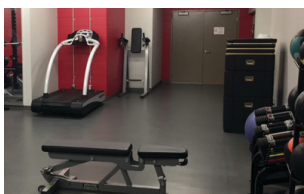
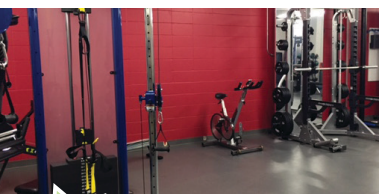


Personal Training — Services —

Our fitness philosophy is built on expert guidance and motivation.



Private training room at Millennium Place



STRATHCONA
COUNTY

Program Design

A certified personal trainer will design a custom 2-day program to help you meet your goals and begin a successful workout routine.

\$125.00

Individual Sessions

Work one-on-one with a certified personal trainer for expert guidance and motivation.

1 session	\$65.50	10 sessions	\$589.50
5 sessions	\$294.75	15 sessions	\$786.00

Partner Training

Do you prefer exercising with a family member or friend? Try training together with one of our certified personal trainers for a great partner workout.

1 session	\$82.00	10 sessions	\$738.00
5 sessions	\$369.00	15 sessions	\$984.00

Note: Each session above is one hour in duration.

Get started today

If you are interested in booking a time with one of our trainers, please email fitnesstrainingservices@strathcona.ca or call 780-416-7229.

Please fill out the "*Fitness Training Request Form*" found at strathcona.ca/fitness and send it to fitnesstrainingservices@strathcona.ca

Questions?

Ardrossan Recreation Complex	780-400-2079
Glen Allan Recreation Complex	780-410-6557
Millennium Place	780-416-7212

strathcona.ca/fitness