

## WEIGHT ROOM & PERSONAL TRAINING SERVICES

Physical Activity Readiness Questionnaire (ParQ+) and registration is required for Personal Training and Weight Room services.

### **WEIGHT ROOM ORIENTATION - Free - 15 minutes**

Completed Par-Q+ required for youth.

Receive a guided tour, review the Facility Code of Conduct and Weight Room Etiquette.

### **WEIGHT ROOM INTRO - \$26 - 1 hour**

Facility Code of Conduct, Weight Room Etiquette and safe use of equipment are introduced, receive a basic program.

### **YOUTH NIGHT - Weight Room Intro - Free - 1 hour**

Pre-requisite for 13-15 year olds to use the weight room. Available only at Sungod Recreation Centre September through June.

### **INITIAL CONSULTATION - \$85 - 1.5 hour**

Whether your new to fitness or want to upgrade your routine one of our certified personal trainers will support your goals in this 90 minute session.

### **PERSONAL TRAINING**

City of Delta Personal Trainer will design a program tailored to your needs and goals. One-on-one sessions to help you stay focused and motivated. Choose to train in water or dry-land, or both.

3 - 1 hour sessions	\$170
5 - 1 hour sessions	\$272
10 - 1 hour sessions	\$538

### **SEMI-PRIVATE PERSONAL TRAINING (GROUPS OF 2)**

Personal Training for 2 people. Each person receives their own program.

3 - 1 hour sessions	\$113/per person
5 - 1 hour sessions	\$175/per person
10 - 1 hour sessions	\$341/per person

### **SMALL GROUP PERSONAL TRAINING (GROUPS OF 3-6)**

Group Personal Training for 3-6 people. Sessions are designed to suit group needs.

5 - 1 hour sessions	\$148/per person
10 - 1 hour sessions	\$278/per person

## **WEIGHT ROOM SERVICE BOOKING FORM**

Choose from the following options:

- Weight Room Orientation** *Free*
- Weight Room Introduction** *\$26*
- Personal Training**
  - 1.5 hours Initial Consultation** *\$85*
  - 3 - 1 hour sessions** *\$170*
  - 5 - 1 hour sessions** *\$272*
  - 10 - 1 hour sessions** *\$538*
- Semi-Private Personal Training; fee per person**
  - 3 - 1 hour sessions** *\$113*
  - 5 - 1 hour sessions** *\$175*
  - 10 - 1 hour sessions** *\$341*
- Small Group Personal Training; fee per person**
  - 5 - 1 hour sessions** *\$148*
  - 10 - 1 hour sessions** *\$278*

*Taxes excluded*

Date: \_\_\_\_\_

Client Name: \_\_\_\_\_

Address: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Email: \_\_\_\_\_

Contact Number: \_\_\_\_\_

#### **Please circle below:**

1. I currently use the Weight Room:

**Occasionally                  Often                  Never**

2. Preferred location:

Sungod                  Winskill                  LD Leisure                  ND Rec

3. I prefer my appointment to be in the:

**Morning                  Afternoon                  Evening**

4. I am available for my appointment:

**M Mon      Tue      Wed      Thu      Fri      Sat      Sun**

5. I have specific health concerns?

**YES / NO**

6. Have you previously used Personal Training with the City of Delta?

**YES / NO**

7. I have spoken with an attendant (named):

\_\_\_\_\_

8. Trainer Preference (male/female):

\_\_\_\_\_

**Appointments must be paid a minimum of 24 hours prior to first appointment. Completed forms can be returned to [personaltraining@delta.ca](mailto:personaltraining@delta.ca).**

**24 hours notice of cancellation is required for full refund.**

\*\*\*\*\*

#### **OFFICE USE ONLY:**

**Cashier: Date Received:** \_\_\_\_\_

**Barcode Number:** \_\_\_\_\_ **Paid:** \_\_\_\_\_

**Day/Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**AFP: Trainer:** \_\_\_\_\_ **Confirmed:** \_\_\_\_\_

**Please put this form in the Assistant Fitness Programmer inbox when payment is complete.**

<b>Ladner Leisure Centre</b> 4600 Clarence Taylor Crescent Delta, BC V4K 3X3 604-946-3310	<b>North Delta Recreation Centre</b> 11415 84 Ave Delta, BC V4C 2L9 604-952-3045
<b>Sungod Recreation Centre</b> 7815 112 Street Delta, BC V4C 4V9 604-952-3075	<b>Winskill Aquatic &amp; Fitness Centre</b> 5575 9 Ave Delta, BC V4M 1W1 604-952-3005

