

WEIGHT ROOM & PERSONAL TRAINING SERVICES

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

Weight Room Orientation

15 Minutes, Free:

Completed Par-Q+ required for youth only. Receive a guided tour, review the Facility Code of Conduct and Weight Room Etiquette.

Weight Room Introduction

1 Hour, \$26

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

Initial Consultation

1.5 Hours, \$85

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

Semi-Private Personal Training

Groups of 2

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

3-1 hour sessions \$113/person

5-1 hour sessions \$175/person

10-1 hour sessions \$341/person

Small Group Training

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

5-1 hour sessions \$148/person

10-1 hour sessions \$278/person

Personal Training

A 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 and/or dry-land.

3-1 hour \$170

5-1 hour \$272

10-1 hour \$538

LEARN MORE

For more information about Personal Training email personaltraining@delta.ca or call 604-952-3000.



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FITNESS

