

# PERSONAL TRAINING & NUTRITION SERVICES

## Personal Training

For a healthier lifestyle or a sports specific goal, our certified personal fitness training will give you a workable, customized solution. Visit [www.tricocentre.ca](http://www.tricocentre.ca) for a complete list and bios of our personal trainers.

Advantages of Assessments and Personal Training are:

- Maximizes training benefits
- Ensures safety, through proper techniques and posture
- Guarantees measurable results to track
- Provides a training program specific to your age and level
- Increases commitment and motivation
- Opportunity to start the "action plan" for healthy life style changes

## Fitness Assessment

Take the first step towards a healthier lifestyle with this 1 hour fitness assessment. We'll measure your overall fitness level, based on a standardized set of guidelines, including the following tests: Body Composition, Aerobic Fitness Test, Grip Strength Test, Push Up Test, Flexibility Test, Vertical Jump Test, and a Standing Long Jump Test.

**Members Fee: \$60**

Non-Members Fee: \$84

## Body Composition

Our professional consultants will measure skin folds, a body composition analyzer measurement as well as girth measurements during this 30 minute session.

**Members Fee: \$30**

Non Members Fee: \$42

SAVE and COMBINE - Fitness Assessment and Body Composition

**Members Fee: \$80**

Non-Members Fee: \$112

## Nutrition

Lindy Kennedy is our new exclusive Dietitian. She brings a wealth of knowledge, experience and resources along with her vibrant, fun and motivating personality.

Using a Registered Dietitian means that most people will be able to cover our nutrition services through their medical insurance provider. Check with your company or insurance provider for details.

## Full Nutrition Package

Full service package gives you a personal meal plan analysis and determines your current nutrition status; will Resting Metabolic Rate, current caloric intake, micronutrient status and lifestyle factors. An assessment and appropriate recommendations and a 7-day customized meal plan. (2 sessions with the Registered Dietitian will be provided). Fee: \$255

## Custom Program Development

Let our team of professionals design a custom program to keep you motivated, make the best use of your time and help you attain your fitness goals. An initial ½ hour consultation is followed by a 1 hour session. Steps include: defining specific fitness goals, planning a logical progression, developing a work out schedule, providing exercises that ensure your fitness needs are met and putting it all on paper to get you motivated and started!

**Members Fee: \$80**

Non Members Fee: \$112

Individual Personal Training (1 hour sessions)		
Sessions	Member Rate	Non Member Rate
3	<b>\$180</b>	\$252
6	<b>\$348</b>	\$487
12	<b>\$672</b>	\$941
24	<b>\$1296</b>	\$1814

## Small Group Personal Training (2 to 4 people)

Small group training is becoming the future of fitness! Grab a friend or 2 or 3 to train with. Small group training has the benefits of accountability, motivation, competition, commitment and economics.

Sessions	Groups of 2		Groups of 3		Groups of 4	
	Member	Non Member	Member	Non Member	Member	Non Member
3	<b>\$135</b>	\$189	<b>\$120</b>	\$168	<b>\$111</b>	\$155
6	<b>\$258</b>	\$361	<b>\$228</b>	\$319	<b>\$210</b>	\$294
12	<b>\$492</b>	\$688	<b>\$432</b>	\$605	<b>\$396</b>	\$554
24	<b>\$936</b>	\$1310	<b>\$816</b>	\$1142	<b>\$744</b>	\$1042

(1 hour sessions. Prices are per person)

## Nutrition Packages (no discounts) Nutrition Coaching

A 60 minute session with a Registered Dietitian is great if you have specific questions. This can also be split up into 2 – 30 minute follow up sessions. Fee: \$150

## Couples Full Nutrition Package

Get all the benefits of the Full Nutrition package for TWO! For those who want to improve their nutrition with their friend, partner or family member. Fee: \$395

## Resting Metabolic Rate Testing

This test offers clients an analysis of their caloric requirements at rest. The results from this test are very beneficial in planning and customizing a personal meal plan. This test is included in the Full Nutrition Packages. Fee: \$150

## CONVENIENT... FLEX PACKS!

Buy a personal training package and use them for any of the following: Personal Training, Fitness Assessment, Program Development or Nutrition (2 hours of PT = 1 hour of Nutrition). Mix and match sessions to meet your needs.

For our full Nutrition line-up visit [www.tricocenter.ca](http://www.tricocenter.ca)