

PERSONAL TRAINING

4 Easy Steps to Register

- 1 Complete Fitness Questionnaire and PAR-Q+ form
- 2 Purchase Personal Training at the reception desk and submit completed forms
- 3 Your Personal Trainer will contact you within 7 business days
- 4 Set a date with your Personal Trainer and get training!



1.5 Hour Personal Fitness Appraisal (Mandatory session)

Our fitness experts will assess your strength, flexibility, cardio capacity to conduct a postural assessment, and develop a results-oriented personalized exercise program.

Personal Training

Our certified personal trainers will motivate and challenge you with focused, supervised workouts. Our trainers specialize in everything from overall conditioning and circuit training to high performance programs for various sports/activities.

Training Packages

1.5 Hour Personal Fitness Appraisal & Program (Mandatory Session)

Personal Training 1 Session

Personal Training 3 Sessions

Personal Training 5 Sessions

Personal Training 7 Sessions

Personal Training 10 Sessions

1 on 1

\$63

\$54

\$157

\$257

\$340

\$486

TRAINING SESSIONS ARE 1 HOUR LONG

For more information, contact 604.855.0500
or email fitness@abbotsford.ca

Fitness Questionnaire

Please complete the following questions. The more detailed the information, the better we can serve you! Come prepared to discuss your health and exercise history, lifestyle habits and current fitness and health goals.

NAME _____ EMAIL _____ PHONE _____

NEW CLIENT YES NO PREFERRED CONTACT METHOD _____

ON A SCALE OF 1-10 (LOW TO HIGH), HOW WOULD YOU RATE YOUR CURRENT FITNESS LEVEL? _____

FITNESS GOALS: What are you trying to achieve? Check all that apply.

- | | | |
|--|---|--|
| <input type="checkbox"/> GENERAL OVERALL HEALTH | <input type="checkbox"/> LIFESTYLE CHANGE | <input type="checkbox"/> SPORT CONDITIONING |
| <input type="checkbox"/> INCREASE MUSCLE STRENGTH | <input type="checkbox"/> IMPROVE CARDIO ENDURANCE | <input type="checkbox"/> POST-REHABILITATION |
| <input type="checkbox"/> IMPROVED BODY COMPOSITION | <input type="checkbox"/> IMPROVE EXERCISE TECHNIQUE | <input type="checkbox"/> OTHER |

WHAT IS YOUR FITNESS ACTIVITY EXPERIENCE?

- BEGINNER HIGH PERFORMANCE RETURNING TO FITNESS RECREATIONAL OTHER

TRAINER PREFERENCE:

FEMALE MALE NAME _____

AVAILABILITY:	MORNINGS	AFTERNOONS	EVENINGS
WEEKDAYS			
WEEKENDS			

IS THERE ANY OTHER INFORMATION YOU WOULD LIKE TO SHARE? _____

Declaration: The City of Abbotsford assumes no liability for persons who undertake physical activity. If in doubt, consult your doctor prior to starting any physical activity. I acknowledge this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. Personal training orientation cancellations require 24 hours notice in advance.

NAME _____ DATE OF BIRTH (YYYY/MM/DD) _____

SIGNATURE _____ WITNESS _____

IF UNDER THE AGE OF 16, PLEASE HAVE A PARENT/GUARDIAN COMPLETE THE FOLLOWING:

I HEREBY CONSENT FOR MY CHILD TO PARTICIPATE IN PHYSICAL ACTIVITY. YES NO

SIGNATURE _____ NAME PARENT/GUARDIAN _____

Personal information is collected for the administration of City of Abbotsford programs only, as authorized under Section 26 of the Freedom of Information and Protection of Privacy Act, the 'Act'. The City of Abbotsford does not use or disclose personal information for purposes other than those for which it is collected, except with the consent of the individual whom the information is about or otherwise in accordance with law. The City of Abbotsford retains personal information only as long as necessary for the purposes of the specified program and as required under the Act and other relevant legislation.

If you have any questions about the collection and use of your personal information, please contact the City of Abbotsford's Information & Privacy Coordinator by email at foi@abbotsford.ca or call 604-864-5575