

## Beaumont Sport and Recreation Centre (BSRC) Fitness Training Programs & Services Information

### PERSONAL TRAINING

All BSRC internal personal trainers have a valid Personal Trainer Agreement Contract with the City of Beaumont (BSRC), and have a current personal training certification. Upon completion of an intake form, our Fitness Coordinator will assign you an internal personal trainer based on your fitness needs and scheduling availability.

Personal training packages are offered to all new clients, as well as current membership holders who are looking to begin an exercise/training program or make changes to a current program they have in place. There are various pricing options for personal training based on the number of sessions booked. Personal training sessions can be purchased for individual instruction or up to a maximum of 3 people at a time.

During the initial consultation, any limitations that you may have while exercising, as well as your fitness goals, will be discussed. Your personal trainer will work with you 1-on-1 to develop an individualized program based on your goals, history and needs, while motivating and supporting your commitment to your health and wellness!

| INTERNAL PERSONAL TRAINING           |                  |
|--------------------------------------|------------------|
| Item                                 | Fees             |
| Personal Training                    | \$58/session     |
| Exercise Consultation                | \$123/2 sessions |
| Clinical Exercise Physiologist (CEP) | \$79/session     |

| INTERNAL PERSONAL TRAINING PACKAGES<br>(60 MINUTE SESSIONS) |              |
|---|--------------|
| Item  | Fees         |
| 5 Sessions  | \$275        |
| 10 Sessions   | \$520        |
| 20 Sessions   | \$982        |
| Group Rate  | Fees         |
| 2-3 Guests  | \$49/session |

### SMALL GROUP TRAINING

Small Group Training is available for those who prefer striving to achieve their fitness aspirations with friends and family! Stay motivated in a comfortable social environment with this program catered to individuals with the same training schedules and goals! This program is designed for groups of 4 or 5 individuals.

#### For a 5 Session Package:

4 people - \$115.50/person  
5 people - \$99.75/person

#### For a 10 Session Package:

4 people - \$199.50/person  
5 people - \$168/person

#### For a 20 Session Package:

4 people - \$336/person  
5 people - \$273/person

### TEAM TRAINING

The Beaumont Sport & Recreation Centre can help your team reach new heights! Use the BSRC trainers to enhance your team's performance and get to the next level of physical ability under certified instruction. Aspects include: sport specific fitness assessments, seasonal periodization training plans (pre, mid, and post season), and injury prevention education. Our certified fitness instructors will help develop your team's physical fitness and sport-specific skills in a challenging, yet safe environment that promotes team bonding and motivation!

Note: Team training sessions must be booked through the BSRC Fitness Coordinator at least five (5) business days in advance. Maximum team size: 22 participants

1 Session - \$120

5 Sessions - \$570 (5% Discount)

10 Sessions - \$1,080 (10% Discount)

20 Sessions - \$2,040 (15% Discount)