

# PERSONAL TRAINING

What is Personal Training?

It can be many different things depending on the client and their specific health, fitness and/or wellness goals. Clients can choose to train with their trainer 5x/week, 1x/week, once every 2 weeks or even once a month.

Too many people stay on the same program for an extended period of time and wonder why they're no longer experiencing changes in their fitness level. Our bodies are "lazy" and it takes the "right stimulus" to challenge the body for it to adapt, so it is critical to ongoing progress that regular updates to training occur.

Personal Training gets results and that's why anyone can benefit from this personal attention! Personal Training is no longer reserved for Hollywood stars and the "rich and famous"!

YOU could benefit from working with a Personal Trainer.

Who is our clientele? We have worked with a wide variety of clientele, from the client looking to improve energy levels and health, to clients looking at losing weight, to individuals training for their first marathon or triathlon or for clients at improving their performance in a multiday mountain bike race. We have worked with young athletes training for hockey, to clients recovering from an injury.

What does the Lifestyles Personal Training Program offer?

Lifestyles offers flexible packages from 4 to 20 hour sessions, that can fit your schedule and budget. If you're tight for time, just use 30 minutes with your trainer. We'll make it short and intense. If you want a more comprehensive workout, schedule an hour session. If you're the type that enjoys a really challenging workout, try a full body 90 minute session.

How do I get started with the Lifestyles personal training program?

Call (403) 851-0934 TODAY!

We offer:

Private (one to one): This ensures the trainer can provide individualized attention to your exercise needs.

Partner: Train with a friend or your partner and save money.

At Home/Office: We can train you in our training facility or we can come to you in NW and West Calgary, Cochrane and surrounding areas.

Group &/or Team: Organize your own group of friends or teammates to workout together and save even more on your training. Why choose the Lifestyles Personal Training Program?

We ensure excellence by providing a team of trainers comprised of knowledgeable, inspirational and dedicated fitness professionals. As a minimum, all will have degrees and/or post-secondary course work in exercise science or related field. Registered with National and/or Provincial certifications i.e. CFC, PFLC, AFLCA, BCPRA, CAN-fit PRO and/or NCCP certified. We have a proven track record in fitness and wellness.

This dynamic group will bring a wide variety of experience to suit a wide variety of needs and goals.

Defined by You

Your sessions can be customized to your specific needs and can be performed in your home or in our facility! We specialize in:

-  
Weight management

-  
Fitness & health conditioning

-  
Post-rehabilitation

-  
Customized program design

-  
Sport Performance

Personal Training  
&ldquo;Get fit & leaner&rdquo; Package

Want to Improve your health?

Increase lean body mass

Lacking motivation?

Want to lose weight? This intensive 4 week program includes:

- A goal setting session.
  
- A health & fitness assessment.
  
- 2 personal training sessions per week including a program design.
  
- Nutritional coaching

Members: \$408

Non-Members: \$448