

A PERSONAL TRAINER IS SOMEONE WHO IS TRAINED TO ENHANCE THE OVERALL HEALTH OF CLIENTS IN A ONE-ON-ONE OR SMALL GROUP SETTING.



Reasons that a Personal Trainer may be right for you:

- *You want to be motivated*
- *You would like your own specialized workout program*
- *You have reached a plateau and would like to maximize your workout routine*
- *You want to improve your knowledge and skills regarding fitness*
- *You are new to exercise and don't know where to start*
- *You want to lose weight*
- *You want to learn how to workout safely and properly*
- *You want to gain lean muscle mass*

## READY TO GET STARTED?

If you're ready to get focused and get fit, our Personal Trainers are ready to help. Simply call the C2 at 780-812-3400 or stop by the Wellness Centre to book a FREE consultation with your Personal Trainer.

FITNESS & RECREATION



Centennial Centre

C2 Membership and Personal Training sessions may be purchased at the Welcome Desk.

C2 Members must check in at the Welcome Desk each time they use an amenity at the Centennial Centre. Non-members wishing to partake in Personal Training must purchase a Day Pass at each visit.

The Centennial Centre reserves the right to cancel or change Membership/Program offerings and facility hours, and all rates are subject to change.

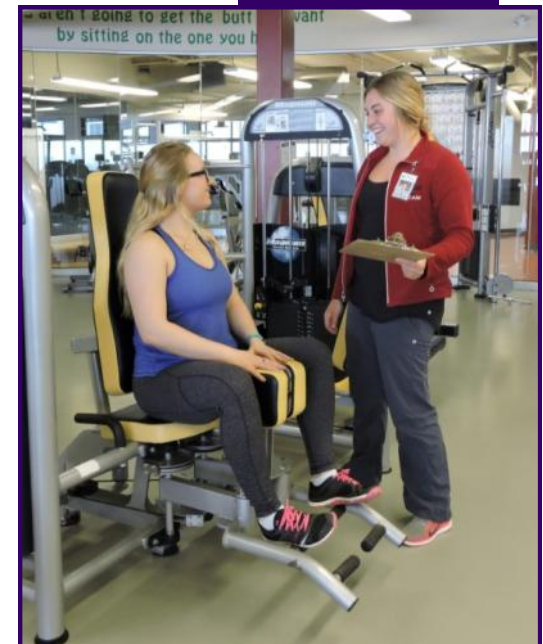


BONNYVILLE AND DISTRICT CENTENNIAL CENTRE  
4313 50th Avenue Bonnyville, AB 780-812-3400

[www.centennialcentre.ca](http://www.centennialcentre.ca)

## C2 PERSONAL TRAINING

-- OBSTACLES ARE WHAT YOU SEE WHEN YOU TAKE YOUR EYES OFF YOUR GOAL --



**C2**  
Experience This!

**-- MEET THE C2 PERSONAL TRAINERS --**



**KAREN** specializes in older adult training, strength training and overall weight loss training. Karen will design the most suitable workout to ensure you will attain your fitness goals.



**JENNIFER** aims to help clients from all walks of life meet their goals. Whether you're just starting out, or a regular looking for a change in routine, Jennifer can help with designing a program that is just right for you. Jennifer has the energy to help push you through that last set or give you the confidence to start the first workout. She loves to include variety in a program which is the key to keeping things interesting and exciting.

**JESSICA** has six years of experience in the fitness industry; her passion is creating strength and confidence in her clients. She works with clients to build programs that they love to do, focusing on movement that they enjoy, while also getting them towards their goals- whether they are to build strength, lose weight or improve their everyday function. She aims to empower her clients to learn to love exercise and discovers ways to make health and wellness a priority in their lives.



**JESSE** is a health-focused trainer, with a background in compassionate care and mental health. This CSEP-Certified Personal Trainer believes that exercise is for everyone and will teach you a lifelong skill. He values empathy, education and promotes efficiency in the gym.



**NATALIE** loves and is passionate about fitness and helping clients reach their goals. Whether you're stuck in a rut and want to spice things up, or starting out as a beginner, her focus will be making you a better you! With some hard work and determination, Natalie believes anything is possible. Her passion for *working out*, can *workout* for you!



**HEATHER** enjoys training clients in both cardio and resistance for weight loss. Whether you are looking to power through plateaus or just getting started in the gym, Heather will give you the push needed to help you achieve results and reach

your goals. When you look good, you feel good!

**VICTORIA** has a unique approach to fitness by combining exercise and fun. Victoria is an energetic, outgoing person who enjoys helping others achieve their fitness goals, and is looking forward to working with you!



**KATE** loves leading a healthy active lifestyle and encourages others to do the same. With almost a decade of experience as a Personal Trainer, she has worked with a variety of different clients with different goals such Strength & Conditioning, Fat Loss and Nutrition coaching. Kate loves sharing her passion for fitness, and hopes to inspire others to get out and enjoy themselves!



**PERSONAL TRAINING PRICING**

INDIVIDUAL PERSONAL TRAINING	
NUMBER of SESSIONS	COST per SESSION
1 to 5	\$60.00
6 to 10	\$55.00
11 to 15	\$50.00

GST applies

**Do you have a group of 2 or more people interested in Personal Training?  
If so, why not book a Group Session with one of our Personal Trainers!**

GROUP PERSONAL TRAINING	
NUMBER of PEOPLE in YOUR GROUP	COST per PERSON per SESSION
2	\$40.00
3	\$35.00
4	\$30.00
5	\$25.00
6	\$20.00

GST applies

**3 Month and 1 Year  
C2 Membership holders receive a  
15% DISCOUNT on their FIRST FIVE  
Individual Personal Training  
Sessions!**