

# Personal Training

**Designed Just  
For You!**

## What a Trainer does for You...

- Motivates you.
- Gives you personalized attention.
- Designs a program specifically for you.
- Will supervise you in exercises to ensure correct and safe technique.
- Helps you achieve your goals.
- Gives you confidence that you are exercising safely and efficiently.
- Is a resource for any of your fitness questions.
- A BCRPA (British Columbia Recreation and Parks Association) Registered Personal Trainer has extensive knowledge of the latest exercises and the latest exercise principles just for you!



## Signing up is Easy as 1, 2, 3...

1. Fill out a Personal Training Package available at Reception or visit [www.recreation.oakbay.ca](http://www.recreation.oakbay.ca).
2. Drop off the completed Personal Training Package at the Reception Desk of the Centre where you wish to train.
3. A Trainer will call you within 72 hours.



## Specialized Training Programs

### POPAT / Police Training

Private instruction on the POPAT or PARE obstacle course. Run the entire course including the push-pull machine and receive a detailed breakdown of time and technique. Semi-Private options available.

### Fitness Assessment

This assessment will give you a detailed picture of your overall fitness level. It includes pre-screening and basic measurements of heart rate, blood pressure, height and weight. Tests are conducted to measure strength, endurance, cardiovascular fitness and flexibility. Ideal for those returning from a break or those beginning a fitness program. Does not include a workout program.

### Weight Loss Program

Looking to shape up and slim down? This package is ideal for those wanting to lose weight and make a permanent, healthy lifestyle change. Cardiovascular conditioning and muscular toning are incorporated to boost weight loss and definition. Keep a record of your workout progressions, weight and measurements to track your progress.

### Athletic Conditioning

Looking to improve your game and performance? Focus is on sport-specific exercises and athletic training principles targeted to your needs to increase strength, stamina and endurance. Higher intensity cardiovascular training and strength exercises will be incorporated.

### Runners Training

Are you a runner or looking to start? This package is ideal for the experienced runner and the beginner alike. Focusing on form and technique, this program will incorporate cardiovascular training at various training intensities including speed drills, intervals and hills to improve speed and distance. Cross-training, core strength and stretching also included.

### Beginners Total Body Training

This package is ideal for those new to the gym or those looking for a basic and balanced workout program. Focus on cardiovascular training and strength exercises utilizing all major muscle groups.

### 50+ Strength & Balance Training

Increase your strength, stamina, balance and flexibility. A trainer will focus on upper and lower body exercises. Improve balance and coordination to aid in fall prevention. Movements and exercises will increase range of motion for improved mobility and stamina.

For Personal Trainer bios visit [www.recreation.oakbay.ca](http://www.recreation.oakbay.ca)

#### Private Fitness

One-on-one training.  
Available in 2, 5, 10, or 15  
1-hour sessions.

#### Semi-Private Fitness

Designed for two people.  
Available in 2, 3, or 10  
90-minute sessions.

Oak Bay Recreation Centre  
1975 Bee Street • 250-595-7946

Henderson Recreation Centre  
2291 Cedar Hill X Road • 250-370-7200  
[www.recreation.oakbay.ca](http://www.recreation.oakbay.ca)

