



## Start Your Training Off Right!

Our certified personal trainers and kinesiologists will motivate and challenge you with focused, supervised workouts. See page 6 for the list of contacts to get you started.

Contact the Weight Room Supervisor in your chosen facility so that he or she can assign a trainer who matches your specific needs and goals. We can help you:

- Decide how many sessions of training you need to reach your goal.
- Choose which facility you would like to train in.
- Consider the times that work best with your schedule.

*"Let me help you improve your quality of life with a personal training program."*

**Colleen**  
Group Fitness Instructor  
Parkgate & other facilities

visit  
[www.northvanrec.com](http://www.northvanrec.com)  
for more  
info on personal  
training!



## One-on-One Training

Trainers will encourage you to increase and maintain your fitness level. Our diverse fitness experts specialize in everything from overall conditioning, supervised rehab to circuit training and high-performance programs for various sports/activities.

## Friends & Families-in-Training (F.I.T.)

Get in shape with a friend, or two or three...or consider training with a spouse or family member! This is an enjoyable, effective way to combine exercise, social time and group support. We offer semi-private training (2 people) and small group training (3-4 people).