

PERSONAL TRAINING

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Whether you are looking to increase muscle strength, lose weight, or achieve specific training goals, we have a fitness professional committed to helping you improve your overall health and wellness. Our certified personal trainers are dedicated to helping you achieve your optimum fitness level by sharing their expertise in holistic wellness by improving your cardiovascular, muscular strength, and flexibility. Personal training sessions are booked for 1 hour per visit.

Please visit us at the Accora Centre or [email us at tyler.mcquade@ferguslea](mailto:tyler.mcquade@ferguslea) for information!

KICK-START YOUR FITNESS JOURNEY!

Are you just starting your fitness journey or getting back to the gym after a long break? Our certified Personal Trainers are there to motivate you along the way! Personal Trainers are here to set you up for success!

- **Initial Consultation and Physical Assessment**

You'll break the ice by having a one-on-one meeting with your personal trainer. This will allow you to get to know one another on a professional level and for the trainer to discuss the details of your personal fitness goals. You will also undertake a physical assessment that will include strength and flexibility measurements to set baseline goals. Together you will build a periodized fitness plan that meets your specific needs.

- **Personal Training Sessions**

Your Personal Trainer will go through your fitness program step by step, focusing on building proper technique and motivating you along the way.

- **Final Assessment**

You will have one final check-in with your Personal Trainer at the conclusion of your program to evaluate how far you've progressed. Your program will then be updated to keep you moving forward! If you feel that you would like to continue with your personal trainer, you will have the opportunity to discuss the packages we offer.

Personal Training can get you towards your goals 10x Faster!

Book Your Consultation Today!