

Win Big this Season

Team Training:

Sport fundamentals and conditioning are the focus of team training at Variety Village . We will help your team succeed.

What our facility offers:

- ⇒ 5 lane, 200 m. track
- ⇒ 25 m. pool, 15m pool and hot pool
- ⇒ 3 full basketball courts, plus
- ⇒ Full cardio room
- ⇒ Complete weight room
- ⇒ Miscellaneous equipment, bosu, medicine balls etc.

Please contact Amanda Gray, 416-699-7167 # 256 of the Personal Training Department for packages and prices.



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Variety Village Personal Training



Contact Debbie @
416-699-7167 ext. 238
dmurray@varietyvillage.on.ca

Personal Training Will:

- ⇒ Increase your energy for daily activities
- ⇒ Improve your sport stamina & performance
- ⇒ Increase your lean muscle mass
- ⇒ Prevent injury
- ⇒ Improve your mental alertness
- ⇒ Lower your blood pressure
- ⇒ Improve your Cholesterol & blood sugar readings
- ⇒ Improve flexibility, posture & joint stability
- ⇒ Be an excellent follow up or addition to physiotherapy

Add YEARS to your LIFE!

Personal Training Includes:

- ⇒ Evaluations of your cardiovascular fitness, weight and body fat
- ⇒ A progressive program and plan designed just for you
- ⇒ One to one expert fitness instruction from certified trainers.
- ⇒ Motivation, encouragement and advice to maximize your potential
- ⇒ Sessions that are full of fun and challenging activities
- ⇒ Work outs that fit your schedule

What a satisfied client has to say:

I started personal training in the spring and it has totally changed my life. With the tremendous motivation and support from my trainer, along with the opportunities provided by the Village I have exceeded my goals. My training has given me the strength and balance to stop using a wheelchair and start using a walker. I can't wait to see what I can do next. - Christine O.



Variety Village Personal Training packages:

- 2 sessions at \$75/training session
- 10 sessions at \$60/training session
- 20 sessions at \$55/training session

Sessions are 1 hour in length

- Packages include:
- Written program
 - Specific one on one instruction
 - Fitness evaluation
 - Packages of 10 or more offer re-evaluation of fitness
 - Guideline for healthy eating

Special Needs personal training rates :

The \$35 rate is only available to members who have special needs memberships and have the special need. Any number of sessions can be purchased at this rate.

Variety Village Personal Training packages Couples:

- 2 sessions at \$90/training session
- 10 sessions at \$85/training session
- 20 sessions at \$80/training session

Variety Village Personal Training packages Group: (3-6 people)

- 2 sessions at \$140/training session
- 10 sessions at \$130/training session
- 20 sessions at \$120/training session

Fitness Testing: 1 session at \$75