
Personal training sessions are an investment in your long term health.

Learning to balance professional and personal obligations can be tricky, resulting in physical health and wellness being placed on the backburner. Learning strategies to invest in your health **NOW** will help prevent a host of chronic diseases that come over time, and will help you live your longest, happiest life.

What you can receive from personal training sessions:

- 1) How to create and adhere to healthy changes,
- 2) A fantastic workout,
- 3) Short & long term health improvement,
- 4) Improved self-esteem,
- 5) Looking and feeling amazing.

Book between 10-5, Mon-Fri:

403-362-3622 ||| kslenders@brooks.ca



Get to Know Your Coach

Kerrin graduated with her Bachelor of Science in Kinesiology in 2016, with a focus on physiology, exercise psychology, and sports nutrition.

She is a **CSEP-Certified Personal Trainer**, with three years of experience working with clients.

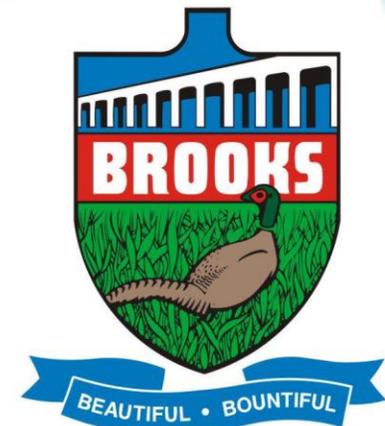
Her areas of expertise include strength training for muscle gain and weight loss, balanced lifestyle coaching for the busy individual, and fat loss programming.

Kerrin likes to spend her downtime hanging out with her cat, binge watching Grey's Anatomy. She also gardens, reads voraciously, hikes, and trains for bodybuilding competitions using flexible dieting methodology. She loves expensive makeup and baking non-healthy treats for special occasions.



Personal Training Packages & Pricing

Alberta's Centennial City™



Personal Training Packages

Private Sessions:

Spend an hour with a certified trainer to work on your individual goals. This can be weight training, weight loss, cardio training, stretching, or any other area.

Number of Sessions	Cost per hour	Total
1	\$48	\$48
5	\$44.75	\$223.75
10	\$42.25	\$422.50
20	\$39.50	\$790

Group Training:

Enjoy the benefits of individual training at a lower cost, while spending time with family or friends.

Please note prices below are for each individual.

2 Person Group

Number of Sessions	Cost per hour/ person	Total cost/ person
1	\$33	\$33
5	\$29.75	\$148.75
10	\$26.50	\$265
20	\$20	\$400

ALL PROGRAMS COME WITH NUTRITION RECOMMENDATIONS TAILORED TO YOUR GOALS

3 Person Group

Number of Sessions	Cost per hour / person	Total cost/ person
1	\$30	\$30
5	\$27	\$135
10	\$24	\$240
20	\$16.25	\$325

4 Person Group

Number of Sessions	Cost per hour/ person	Total cost/ person
1	\$27	\$27
5	\$24.50	\$122.50
10	\$21.50	\$215
20	\$13.25	\$265



Team Dryland Training:

Spend an hour with a certified trainer to work with your team on agility, power, and endurance drills. Transferable to any sport. Great for a team bonding experience or a team windup. **\$100**

Maximum 20 Participants | Ages 12 + only

Program Design:

Your trainer will chat with you about your history and goals and design a six week program for you to follow **\$90**

Program Design and Session

Program Design and 1 hour session to take you through all of the movements, as well as a warmup and cool down. **\$140**

Fitness Assessment:

A series of musculoskeletal and sub-maximal aerobic tests to determine levels of different aspects of fitness. These ratings will tell you about long term chronic disease risk and areas of improvement. An assessment will take 1.5-2 hours. **\$90**

Assessment & Program Design

After meeting with your trainer and setting intentions, a pre-program assessment will be done. The program will reflect the areas of improvement necessary for optimal health. **\$140**

