

PERSONAL TRAINING



**Every personal training
program is tailored to you!**

A personal trainer can be invaluable when it comes to determining and realizing your fitness goals.

Our Vision

To enhance fitness programs and the wellness of others.



Our Mission Statement

Our Personal Trainers are knowledgeable and professional. They are committed to creating individualized programs to help meet your needs and reach your goals.



Be Active Pass

Get your Be Active Pass today and make a commitment to your personal health and fitness. Enjoy unlimited access to our facilities and the variety of services they offer from weight training, fitness classes, swimming and more!

Interested in a Be Active Pass? Ask one of our staff members for more details or visit burnaby.ca/active

Get results with our Personal Trainers!

Our Team of Trainers

The City of Burnaby personal trainers come from a variety of educational backgrounds. All are registered through BCRPA and/or Canfit Pro. This dynamic, versatile team was brought together to suit a wide range of training needs and goals. Our trainers are a tremendous resource for the latest on exercise, fitness/wellness and program design.

No matter what your ability, level of fitness or specific training goals, we match a trainer to your specific needs. Improve vitality and quality of life; learn safe and correct training techniques. Experience all the benefits of health and wellness by working with a personal trainer!



The Benefits of Working with a Personal Trainer

- » improve muscle tone
- » improve flexibility
- » improve strength and stamina
- » reduce stress and tension
- » develop core strength
- » decrease body fat
- » prevent injuries
- » develop a sense of well being
- » improve sleep pattern
- » develop a long term exercise / fitness plan
- » lose or gain weight
- » motivate and inspire
- » sport specific training

Ready to Train?

Step 1

Pick up a Personal Training Client Information Package at any Burnaby recreation facility or download it from our website at burnaby.ca/personaltraining

Step 2

Complete the package and call the Lifestyle Services Coordinator at 604-297-4454 or e-mail personaltraining@burnaby.ca to discuss your specific training objectives.

Note:

If you have an injury or medical condition, you will be required to get a letter of permission from your doctor.

We do not take on clients currently working with an active ICBC or Worksafe claim.



Be Inspired for Life

“I have been practicing with [my trainer] for a few months and enjoy every moment. [My trainer] is professional, responsible, empathetic and honest.

While practicing with him, my level of fitness increased, I generally feel better and I certainly raised my physical level and ability to perform.

The satisfaction and value I get from my professional training with [my trainer] is extraordinary and I would recommend him to everyone.”

– GB

Programs & Services

Private Personal Training:

Your goals, your needs, to get results you want!

3 sessions - \$156.30

5 sessions - \$246.85

10 sessions - \$466.20

Please note: Sessions are one hour in length. Fees are per person and do not include tax. Recreation Credit may not be used for Personal Training services.

Semi-private Personal Training

Bring a friend, co-worker or partner. Enjoy the benefits of personal training in pairs.

3 sessions – \$129.35

5 sessions – \$172.50

10 sessions – \$323.40

Please note: Sessions are one hour in length. Fees are per person and do not include tax. Recreation Credit may not be used for Personal Training services.

Facilities

Personal training sessions can be coordinated to take place at any of the following facilities.

Bonsor Recreation Complex

6550 Bonsor Avenue

Cameron Recreation Complex

9523 Cameron Street

Confederation Community Centre

4585 Albert Street

Edmonds Community Centre

7433 Edmonds Street

Eileen Dailly Pool & Fitness Centre

240 Willingdon Avenue

Willingdon Community Centre

1491 Carleton Avenue

For more information

Online: burnaby.ca/personaltraining

E-mail: personaltraining@burnaby.ca

Phone: 604-297-4454

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