

**The YMCA of Regina
offers several personal
options to help reach your
individual fitness goals.**

**Personal Training
(15+ years)**

**Fitness Assessments
(15+ years)**

**Adult Fit Start Program
(16+ years)**

**Group Training
(15+ years)**

**Over 100 different fitness
classes offered with the
YMCA weekly!!**



YMCA

We build strong kids,
strong families, strong communities.

Contact Information

Northwest YMCA of Regina

5939 Rochdale Blvd.

757-9622 ext 300

www.regina.ymca.ca

Downtown YMCA of Regina

2400 - 13th Ave

757-9622 ext 200

www.regina.ymca.ca

YHEALTH & FITNESS™

**Personal
and Group
training**



PERSONAL & GROUP TRAINING

What can a YMCA Personal and Group Trainer do for you?

Provide Motivation and Variety

Our trainers provide you with motivation and encouragement that will help achieve your goals while ensuring variety and reducing boredom

Ensure Safety

The YMCA trainers ensure exercises are being done safely and effectively in order to prevent injury.

Provide a path towards achievement

Our trainers will work with you to establish realistic goals and will develop a program tailored to your needs that will help you achieve those goals.

FITNESS ASSESSMENT

A certified personal trainer will evaluate your present level of fitness using the CPAFLA protocol. This includes measuring body composition, cardiovascular fitness, muscular endurance, muscular strength and back health. This is a great way to establish a starting point and monitor progress.

ADULT FIT START

This program is set up to get the new member introduced to fitness! This 2 and a half hour course touches on basics in regards to anatomy, physiology & nutrition as well as teaching how to make your own program. A conditioning centre orientation is also included in the class. \$5 charge for members. Booklet of info included.

PERSONAL TRAINING

A certified personal trainer will work personally with you, while developing an individualized routine to suit your needs and specific goals.

Meet with a trainer once a week or as often as needed to ensure your goals are meant.

Our Staff is professionally trained and qualified.

See the personal training rates to plan your personal training sessions today!

GROUP TRAINING

Gather a group of co-workers, family, friends, teams, spouse or significant others and accomplish your goals together.

Training is supervised and lead by a YMCA trained and certified personal trainer.

Programs are created for your group's specific needs and goals, which are meant to suit your body and specific exercise levels.

Programs are designed to enhance ones quality of life by using exercises that serve a purpose, using functional movements.

PERSONAL TRAINING RATES

All of the training and assessment rates **do not include the taxes.**

1 session	\$45
3 sessions	\$111
9 sessions	\$270
18 sessions	\$441
Assessments	\$60

GROUP TRAINING RATES

2-3 People

1 session	\$22
4 sessions	\$70
8 sessions	\$114
12 sessions	\$141

4-8 People

1 session	\$20
4 sessions	\$60
8 sessions	\$96
12 sessions	\$111

PUBLIC or LARGE GROUP RATES (9 or more)

Teams or Schools \$6.30/person/hour
\$4.20/person/half hour

***We require 24 hours written notice for cancellations/rescheduling or a session fee will be charged.**