

## Livingston Club Fitness Centre

### Personal Training Services

#### What is Personal Training?

Personal Training is not just for elite athletes and celebrities! Everyone can benefit from a session with one of our highly qualified trainers. If you're just looking for a new program design, one of our trainers will customize an exercise program based entirely on your fitness needs and time constraints. If you want more help, multiple sessions provide motivation and on-going feedback, continually assessing your strength, endurance and flexibility – in essence improving the effectiveness of your workouts. No matter what your needs and goals, personal trainers can provide you with a safe, informative and results-oriented environment in which to exercise.

Our trainers are amongst the most qualified in Calgary. Every personal trainer possesses a university degree in Kinesiology, Physical Activity or similar field, plus holds national and internationally recognized post-graduate certifications in exercise prescription and testing.

To book an appointment with a trainer, or to get more information, call the Fitness Desk at Livingston Club Fitness Centre or talk directly to one of our qualified staff. Our trainers are available to you as a fee based service.

#### Services Offered

Our Personal Training Staff can assist you with any of your fitness needs:

- Personalized program design
- Health and functional fitness training
- Sport-specific prescription and training
- Injury prevention and post-rehabilitation
- Fitness and health testing
- Goal setting and lifestyle counseling
- General nutrition information

#### One-on-One Training

Each one-hour session is a one-on-one training appointment, with the trainer instructing and motivating you to maximize your results. Have one of our knowledgeable and experienced trainers take you through a fun and challenging workout. Experience increased motivation, self-confidence, energy, and personal attention on an on-going basis.

#### Pair Training

Increase results and decrease the cost per person with pair training. Working out with a friend or co-worker might be just what you need to stay motivated and find more enjoyment in exercise.

#### Small Group Training

Working out as a group is an excellent way to help lower costs, while still working towards your goals. Friends with similar fitness levels and goals will have a blast training together, as they're taken through the paces by one of our PT staff.

Small Group Training may also be used for team building. Allow us to customize a small group fitness class, Healthy Lifestyle or Weight Loss challenge for your team.

*75% of people who exercise are not getting the results that they want, but out of the 25% of people who are getting results, 90% of them are working with a personal trainer.*

*-Idea Magazine*

### **Meet our Trainers:**

#### **Tara Trampuh**, B.Kin, CEP

Tara works with clients from beginners to athletes (various different sports) helping each client to reach their goals whether it is to increase lean muscle mass or weight management. She also teaches fitness classes such as boot camps, half and half (combo of strength training, core and cardio). She has an experienced background in weight management, injury rehabilitation, and chronic diseases and disorders. Her specialization is functional training and core strength.

#### **Caitlyn Browning** B.HKin, CPT

Caitlyn welcomes everyone and anyone, who is looking to achieve their goals related to health and wellness, to work with her. She truly thrives on helping people achieve positive changes on their journey to feeling and living their best life. She likes to take advantage, and encourage others to take advantage, of the outdoors in tandem with their training goals. With a background that includes 9 years of competitive synchronized swimming, she now enjoys running, swimming, climbing and hiking. Her specialties include endurance training and nutrition.

#### **Curtiss Matson** B.Sc, CEP, CSCS

Curtiss comes from a sporting background that includes playing hockey, basketball, squash, baseball and any other game he could find. Since he started in the fitness field back in 1999, he has worked with many people of all levels (from beginners to elite athletes) and from a variety of backgrounds. Recently returned from a 6 month deployment embedded with the Canadian Forces in Afghanistan, he was reminded of the importance of the classic training styles. Since returning home, he has started taking a hybrid approach to training incorporating both classic and more modern exercises and techniques, to return to a system of truly "functional" training.

#### **Josh Fernando** B.Kin, CPT, CSCS

He has spent thousands of hours in gym facilities across Canada helping countless lifestyle clients reach their goals. Over the last 5 years, he's dealt with many elite athletes/teams, including provincial level ringette, professional motocross, national level biathlon and cross country skiing, university level soccer, competitive Olympic lifting, MMA fighters and boxers. He's currently specializing in body transformations and weight loss.

#### **Steve Johnson** B.Kin, CPT

Having grown up on Vancouver Island, Steve has always loved the adventures that the outdoors offers. The mountains outside of Calgary are his playground; whether it is hiking, camping, x-c skiing, snowshoeing, river surfing, or trail running, he trains for all activities. After moving to Calgary in 2005 he has been personal training ever since. More recently having taken up the sport of Parkour/Freerunning, this discipline places tremendous emphasis on total body conditioning. It's this focus that he brings to every one of his training sessions. No matter what your goal, focusing on conditioning the whole body and mind will significantly enhance your results. Remember, recovery outside the gym is just as important as work done in the gym. Stress management, proper rest, and healthy eating are emphasized with each and every training session.

**Livingston Club Fitness Centre**  
**250 – 2 Street SW, Suite 201W; Calgary, Alberta; T2P-0C1**  
**Phone: (403) 716-2007**

**Personal Training Rates (2010 pricing, all rates exclude GST)**

**One-on-One Training**

Session Type	Personal Trainer	Senior Personal Trainer
Program Design	122.00	135.00
3 Session Package	186.00	207.00
5 Session Package	297.00	330.00
10 Session Package	549.00	610.00
Express Training (30 Minutes)		
3 Session Package	124.00	138.00
5 Session Package	198.00	220.00
10 Session Package	369.00	410.00

**Pair Training**

Session Type	Personal Trainer	Senior Personal Trainer
5 Session Package	450.00	500.00
10 Session Package	828.00	920.00

*For Small group training rates, please inquire at the Fitness Desk.*

*Professionally Managed by:*



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