

## Personal Training Pricing

Personal Training (one-on-one)	
One, 30-minute session	\$41.30
One, 60-minute session	\$59.00
Five, 30-minute sessions	\$185.89
Five, 60-minute sessions	\$268.38
Personal Training (semi-private)	
One, 60-minute session, 2-3 people	\$39.24 <i>per person</i>
Five, 60-minute session, 2-3 people	\$176.62 <i>per person</i>
Chiropractic Care, Contemporary Medical Acupuncture, Osteopathy and Physiotherapy*	
Initial consultation	\$85.00
Follow-up visit	\$60.00
Registered Massage Therapy*	
30 minutes	\$50.00
45 minutes	\$70.00
60 minutes	\$85.00

Prices include HST. Amenities and additional services vary by facility. Services may be covered under your extended health care plan.

\*Services available at River Oaks Community Centre only.

## Become a member!

### Join one fitness centre and enjoy all four!

Get active with the Town of Oakville. Check out our flexible and hassle-free memberships for as low as \$32 per month. Student and senior discounts available. Includes drop-in swimming, skating and more.

### Try four visits on us!



## For more information

Visit any of our four fitness centre locations, call or visit [oakville.ca](http://oakville.ca).

**Glen Abbey Community Centre**  
1415 Third Line 905-815-5950

**Iroquois Ridge Community Centre**  
1051 Glenashton Drive 905-338-4255

**Queen Elizabeth Park Community and Cultural Centre**  
2302 Bridge Road 905-815-5979

**River Oaks Community Centre**  
2400 Sixth Line 905-338-4186

FITNESS

# Personal Training and Additional Services



Personal Training | January 2017 update



# Your health and personal fitness services



## Personal Training

The Town of Oakville's Personal Trainers are certified and experienced professionals dedicated to helping you improve your physical fitness, health and quality of life.

Our trainers will customize an exercise program to help you meet your fitness goals and keep you motivated. See your trainer several times per week, or every now and then to update your program. One-hour or 30-minute sessions are available.

### Personal Training can help you:

- Improve your physical and mental well-being
- Achieve and maintain a healthy body weight
- Learn correct exercise technique
- Increase muscular strength and endurance
- Increase aerobic capacity
- Improve sport-specific performance and flexibility
- Manage stress

### Nutrition Counselling for as low as \$50 per session

Looking to lose weight, manage a health condition, enhance athletic performance, or simply improve your diet and lifestyle? Let our Registered Holistic Nutritionist help guide you to success. As part of the initial consultation, our nutritionist will conduct a detailed lifestyle assessment, analyze the results and design a realistic and easy-to-follow nutrition plan based on your needs, food preferences and routines. Other nutritionist services are available based on your needs.

## How to Get Started with Personal Training

1. Purchase personal training session(s).
2. The Recreation Coordinator will match you up with the most suitable personal trainer based on your fitness goals and availability.
3. An initial complimentary consultation is available to meet your trainer and review your fitness needs before any training sessions are scheduled.
4. Schedule sessions with your personal trainer.
5. Meet up with your trainer and start your fitness journey!

**Please note:** Only Personal Trainers employed by the Town of Oakville are allowed to train clients in our facilities.

## Online Drop-in Program Finder



Search weekly art, fitness, sports, youth, senior, swim and skate drop-in program schedules.

Visit [active.oakville.ca](http://active.oakville.ca).

## Additional Services available at River Oaks Community Centre

### Contemporary Medical Acupuncture

Acupuncture needles (fine solid needles) are inserted into anatomically defined neurofunctional sites. The needles are stimulated manually or with electricity for the therapeutic purpose of correcting abnormal activity of the nervous system and/or immune systems.

### Chiropractic Care

Chiropractors are experts in spinal care. They assess, diagnose and treat bones, muscles, cartilage, tendons, ligaments, joints and connective tissues that you use every day.

### Osteopathy

Osteopathy takes a holistic "whole body" approach to health. Osteopathic practitioners believe that the body can heal itself through manual therapy. Osteopathy uses a gentle, non-invasive approach, which is safe for all ages.

### Physiotherapy

Physiotherapy promotes optimal mobility, manages acute and chronic conditions, and offers tools to prevent re-injury. Manual therapy, exercise prescription, athletic and kinesio taping, soft tissue techniques, modalities and acupuncture are often used.

### Registered Massage Therapy

Deep point tissue massage, sport massage, Swedish massage and trigger point therapy available.