



Morinville
LEISURE CENTRE

2021

**FITNESS SERVICES &
PERSONAL TRAINING**

Member pricing is for annual members.
Prices are per person/per session and do not
include GST.

****In person***

Individual Personal Training

Our qualified personal trainers will work with you one-on-one to help you achieve your health and fitness goals. Staff will develop an effective and personalized fitness program, complete with support, motivation and progressions to help you remain committed to your goals.

Number of Sessions	Public Fee/Session	Member Fee/Session
1-4	\$60	\$53
5-8	\$55	\$48
9-12	\$50	\$43

****Virtual***

Individual Personal Training

Our qualified personal trainers will work with you one-on-one over Zoom to help you achieve your health and fitness goals. Staff will develop an effective and personalized fitness program, complete with support, motivation and progressions to help you remain committed to your goals.

Number of Sessions	Public Fee/Session	Member Fee/Session
1-4	\$55	\$48
5-8	\$50	\$43
9-12	\$45	\$38

Small Group Personal Training (2–4 people)

Do you have family, colleagues or friends with similar fitness goals and schedules? Stay motivated in this supportive environment and save money in a group personal training program. These sessions will include group consultation, program design and training sessions with your personal trainer.

Number of Sessions	Public Fee/ Session 2 people	Public Fee/ Session 3 people	Public Fee/ Session 4 people	Member Fee/ Session 2 people	Member Fee/ Session 3 people	Member Fee/ Session 4 people
1–4	\$35/person	\$30/person	\$25/person	\$30/person	\$25/person	\$20/person
5–8	\$32.50/person	\$27.50/person	\$22.50/person	\$27.50/person	\$22.50/person	\$17.50/person
9–12	\$30/person	\$25/person	\$20/person	\$25/person	\$20/person	\$15/person

Large Group Sport Team/Dry Land Personal Training (5–25 people)

Whether preseason, postseason or during the season, prepare and improve your team’s performance with personalized dryland training! These training sessions include sport specific training and fitness assessment with a qualified personal trainer. **A minimum of 4 sessions must be booked.**

Number of Sessions	60 Minute Session	90 Minute Session
1	\$100	\$160

Fitness Assessment (90 minutes)

Meet with a qualified personal trainer for an in-depth fitness appraisal and assessment. Testing may include muscular strength, endurance, flexibility, aerobic power and body composition. Your results will help tailor a more personalized program to help attain your goals.

Public Fee/Session	Member Fee/Session
\$97.50	\$85.50

Fitness Consultation

This is an opportunity to meet with a certified Fitness Trainer and receive an individualized workout program that will meet your specific health and fitness goals.

One-on-one bookings include a consultation and program design. This appointment takes approximately 90 minutes to complete and includes an active component.

Number of Sessions	Public Fee/ Session	Member Fee/ Session
1	\$45	FREE

Member pricing is for annual members.
Prices are per person/per session and do not include GST.

Fitness Orientation (Free)

MLC members receive a generalized introduction to the fitness centre, track, field house and fitness equipment. Orientation also includes an overview of all rules and etiquette.

- When using the Fitness Centre youth ages 12 to 13 must be supervised by someone 18+.
- Fitness orientations are mandatory for youth between the ages of 12 to 15 years old.
- Once a youth has completed the fitness orientation, they will be given a shoe tag which must always be visible when using the fitness equipment.

Number of Sessions	60 Minute Session
1	FREE

Visit our website or contact Guest Services at the MLC for the current drop-in Fitness Orientation schedule.

To book your session, visit:
www.morinville.ca/morinville-leisure-centre
or Call 780-939-3450