

Win Big this Season

Team Training:

Sport fundamentals and conditioning are the focus of team training at Variety Village . We will help your team succeed.

What our facility offers:

- ⇒ 5 lane, 200 m. track
- ⇒ 25 m. pool, 15m pool and hot pool
- ⇒ 3 full basketball courts, plus
- ⇒ Full cardio room
- ⇒ Complete weight room
- ⇒ Miscellaneous equipment, bosu, medicine balls etc.

Please contact Amanda Gray, 416-699-7167 # 256 of the Personal Training Department for packages and prices.



3701 Danforth Avenue
Scarborough, ON, M1N 2G2
P. 416-699-7167
F. 416-699-3926
TTY 416-699-8147
www.varietylvillage.ca



Variety Village Personal Training



Contact Debbie @
416-699-7167 ext. 238
dmurray@varietyvillage.on.ca

Personal Training Will:

- ⇒ Increase your energy for daily activities
- ⇒ Improve your sport stamina & performance
- ⇒ Increase your lean muscle mass
- ⇒ Prevent injury
- ⇒ Improve your mental alertness
- ⇒ Lower your blood pressure
- ⇒ Improve your Cholesterol & blood sugar readings
- ⇒ Improve flexibility, posture & joint stability
- ⇒ Be an excellent follow up or addition to physiotherapy

Add YEARS to your LIFE!

Personal Training Includes:

- ⇒ Evaluations of your cardiovascular fitness, weight and body fat
- ⇒ A progressive program and plan designed just for you
- ⇒ One to one expert fitness instruction from certified trainers.
- ⇒ Motivation, encouragement and advice to maximize your potential
- ⇒ Sessions that are full of fun and challenging activities
- ⇒ Work outs that fit your schedule

What a satisfied client has to say:

I started personal training in the spring and it has totally changed my life. With the tremendous motivation and support from my trainer, along with the opportunities provided by the Village I have exceeded my goals. My training has given me the strength and balance to stop using a wheelchair and start using a walker. I can't wait to see what I can do next. - Christine O.

Variety Village Personal Training packages:

- 2 sessions at \$75/training session
- 10 sessions at \$60/training session
- 20 sessions at \$55/training session

Sessions are 1 hour in length

- Packages include:
- Written program
 - Specific one on one instruction
 - Fitness evaluation
 - Packages of 10 or more offer re-evaluation of fitness
 - Guideline for healthy eating

Senior/Student Packages:

- 5 sessions at \$45 per training session
- 10 sessions at \$45 per training session

Special Needs personal training rates :

The \$40 rate is only available to members who have special needs memberships and have the special need.

Variety Village Personal Training pkgs Couples:

- 2 sessions at \$90/training session
- 10 sessions at \$85/training session
- 20 sessions at \$80/training session

Variety Village Personal Training pkgs Group: (3-6)

- 2 sessions at \$140/training session
- 10 sessions at \$130/training session
- 20 sessions at \$120/training session

Fitness Testing: 1 session at \$75

Rates do not include applicable taxes.