



## Thank you for your interest in PISE Personal Training!

Included in this package you will find:

- Description of PISE Personal Training
- Pricing Information

## What can PISE Personal Training Do for You?

Whether it is your first time in a Fitness Centre, or if you are training for elite level competition, our coaches have the expertise to help. The PISE Personal Training Difference:

- ✓ Expert Strength and Conditioning (S&C) Coaches with the highest level of certifications including: CSEP-CEP®, CSCS®, CSEP-CPT® and CATA®
- ✓ S&C Coaches with a variety of post-secondary degrees including Kinesiology and Athletic Therapy
- ✓ Physiological assessment and goal setting as part of your first session
- ✓ Video replay capacity; your S&C Coach can record your movement for immediate visual feedback
- ✓ Membership to access the Fitness Centre and towel service during your training program
- ✓ Our S&C Coaches can use our integrated Polar heart rate and calorie monitoring system to give the best training possible

In an effort to build the best training program for your needs, your Strength and Conditioning Coach will conduct a consultation and movement assessment as part of your first session, along with various baseline tests selected based on your program goals. This allows your trainer to assess your individual needs and track improvement over time. PISE will design a fitness program specifically tailored to you and your needs based on the information obtained from this assessment.

### INSTRUCTIONS:

- Please read and complete each form accurately and completely
- When completed please email our Personal Training Coordinator Elysia Atkinson ([eatkinson@pise.ca](mailto:eatkinson@pise.ca)) or drop off at PISE reception desk
- Once package is received you will be contacted within 2 business days to set up your first appointment
- Purchase your Personal Training package prior to your initial assessment

### Please note:

- Medical Clearance may be required



## Personal Training Client Package

### CANCELLATION POLICY:

- 24 hours' notice is requested for appointment cancellations. Due to the unprecedented times we will be waiving any late cancellation fees.
- To cancel an appointment, first attempt to contact the trainer directly. If you are unable to reach the Strength & Conditioning coach or if you leave a message, please also call our reception at 250-220-2510 and provide them with your appointment date, Strength & Conditioning coach's name and reason for cancellation.
- No refunds will be granted for Personal Training sessions unless for medical reasons. A medical note will need to be provided.

**Please note:** Our coaches do not work on statutory holidays.

If you have any questions please call 250-220-2510

### PISE Personal Training Package Options

Package	Cost (Before taxes)	GST Amount	Total Cost (Including GST)	Price Per Session
Introductory Special <sup>1</sup>	\$ 260.00	\$ 13.00	\$ 273.00	\$ 65.00
Single session	\$ 75.00	\$ 3.75	\$ 78.75	\$ 75.00
4 sessions	\$ 294.00	\$ 14.70	\$ 308.70	\$ 73.50
8 sessions	\$ 554.00	\$ 27.70	\$ 581.70	\$ 69.00
12 sessions	\$ 806.00	\$ 40.30	\$ 846.30	\$ 67.00
16 sessions	\$ 1041.00	\$ 52.05	\$ 1,093.05	\$ 65.00
24 sessions	\$ 1,512.00	\$ 75.60	\$ 1,587.60	\$ 63.00
36 sessions <sup>3</sup>	\$ 2,192.00	\$ 109.60	\$ 2,301.60	\$ 61.00
45 sessions <sup>3</sup>	\$ 2599.00	\$ 129.95	\$ 2,728.95	\$ 58.00
Program Design <sup>2</sup>	\$ 105.00	\$ 5.25	\$ 110.25	\$ 105.00

<sup>1</sup> Introductory Special is a one-time promotional rate for new clients only

<sup>2</sup> Program Design is for returning clients only and includes 30 min consult & 60 min delivery

<sup>3</sup> Payment Plan available for 36 & 45 session packages

## Athletic and Exercise Therapy Services

If you are currently experiencing any pain, recovering from an injury or have a musculoskeletal condition that affects your ability to exercise, we recommend our Athletic Therapy (AT) stream. We will connect you with one of our Certified Athletic Therapists who will conduct a thorough assessment with you to determine the root of your pain/injury and prescribe the best program to suit your needs.

This is an excellent way to encourage rehabilitation under the guidance of a trained therapist, getting a full hour with your coach and avoiding long stays hooked up to a machine.

**Please note:** Hands on treatment is not provided. Please phone 250-220-2586 for more information.

The following is a list of our prices and package options:

Package	Cost (Before taxes)	GST Amount	Total Cost (Including GST)	Price Per Session	Membership Length
Initial Assessment	\$ 85.00	\$ 4.25	\$ 89.25	\$ 85.00	NONE
Follow Up Session	\$ 75.00	\$ 3.75	\$ 78.75	\$ 75.00	NONE
4 AT Sessions	\$ 294.00	\$ 14.70	\$ 308.70	\$ 73.50	1 Month
8 AT Sessions	\$ 554.00	\$ 27.70	\$ 581.70	\$ 69.00	1 Month
12 AT Sessions	\$ 806.00	\$ 40.30	\$ 846.30	\$ 67.00	2 Months

Please specify if this is the stream you would prefer when submitting your package.

## Want to train with a friend or family member?

Our coach will provide each of you with personalized programming tailored to your specific needs and abilities.

## PISE Partner Training Package Options

Package	Cost (Before taxes)	GST Amount	Total Cost (Including GST)	Price Per Session
<b>Introductory Special<sup>1</sup></b>	\$ 340.00	\$ 17.00	\$ 357.00	\$ 85.00
<b>Single Session</b>	\$ 95.00	\$ 4.75	\$ 99.75	\$ 95.00
<b>4 sessions</b>	\$ 374.00	\$ 18.70	\$ 392.70	\$93.50
<b>8 sessions</b>	\$ 714.00	\$ 35.70	\$749.70	\$89.25
<b>12 sessions</b>	\$ 1,046.00	\$ 52.30	\$1,098.30	\$87.17
<b>16 sessions</b>	\$ 1,361.00	\$ 68.05	\$1,429.05	\$85.06
<b>24 sessions</b>	\$ 1,992.00	\$ 99.60	\$2,091.60	\$83.00
<b>36 sessions</b>	\$ 2,192.00	\$ 145.60	\$3,057.60	\$80.89
<b>45 sessions</b>	\$ 3,499.00	\$ 174.95	\$3,673.95	\$77.76

<sup>1</sup>Introductory Special is a one-time promotional rate for new clients only

\*Each partner must fill out a package and submit together.



## Personal Training Client Package

### Availability and Training Preferences

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Preferred method of contact: \_\_\_\_\_

In order to ensure you receive the best possible service we would like to gather a little information regarding your availability and training preferences.

Do you have a preferred trainer you would like to work with? IF YES please provide their name.

Do you have a preference for a male or female trainer?

☐ Male

☐ Female

☐ No Preference

How many days per week are you looking to work with your coach?

Do you have a preferred day or days of the week you like to train?

☐ Monday

☐ Tuesday

☐  
Wednesday

☐ Thursday

☐ Friday

☐ Saturday

☐ Sunday

#### HOURS OF OPERATION

MONDAY TO FRIDAY: 6:00AM – 10:00PM

SATURDAY & SUNDAY: 8:00 – 8:00PM

#### AVAILABLE TIMES:

1)

2)

Would you prefer our Personal Training stream or our Athletic and Exercise Therapy stream?

☐ Personal Training Stream

☐ Athletic and Exercise Therapy Stream

When would you like to begin your training?

## PERSONAL PHYSICAL HEALTH HISTORY

List any current or previous physical health problems or allergies you feel would impact your ability to participate in a Personal Training program.

Please list any surgeries

Year	Reason	Hospital

Please List any medications that may impact your ability to participate.

## GENERAL PHYSICAL HEALTH QUESTIONS

Are you experiencing any pain or discomforts currently, if yes please explain.

☐ Yes ☐ No

Please provide details:

What activities do you currently participate in?

How many days/week? \_\_\_\_\_ How long is each "bout/session"? \_\_\_\_\_

Have you participated in strength training in the past? If yes, describe:

## GOALS/EXPECTATIONS

Please rank the areas from 1-8 below that are applicable to your training goals. Example, 1 being the highest, 8 being the lowest or N/A.

___ Fat Loss	___ Agility
___ Hypertrophy	___ Sport Specific
___ Strength	Sport: _____
___ Flexibility/Mobility	___ Other/Details: _____
___ Cardiovascular	
___ Speed/Power	



## Personal Training Client Package

What are your top two training goals for this program?

1.

2.

**Thank you for choosing PISE Personal Training!**

Were you referred to PISE by anyone?

☐

Yes

☐

No

If yes, who?

If no, how did you hear about Personal Training at PISE?