

REVITALIZATION 2010 Personal Training

Thank you for working out during the REVITALIZATION. Here are the steps to redeeming your complimentary session.

1. Pick up a Blue Revitalization Personal Training Form at Member Services. Fill it out completely and return to Member Services. You may request a specific trainer, if not one will be selected for you.

2. A selected trainer will contact you to set your appointment. All appointments will be scheduled between March 22, 2010- May 31, 2010. If you need to re-schedule your appointment, 24 hours notice applies, please contact your trainer directly. Missed sessions will not be re-scheduled.

If you have any questions, contact Sandy Reimer, sreimer@ywcavan.org or 604-895-5824.

Happy Training!!

REVITALIZATION PERSONAL TRAINING TEAM

Our certified trainers can assist you in many ways to make your complimentary session most effective for you. Whether you're new or experienced with cardio and weight training, these professionals will provide you with expert advice!

Feel free to request a specific trainer otherwise one will be chosen for you based on your fitness goals. Check out what sessions the trainers are offering.

*some trainers may have limited availability.



Patryk Labedzki

- weight/strength/power training for men and women
- weight training program for weight loss/weight gain
- first timers with no previous experience
- how to train and what to expect for physical testing(eg.firefighter physicals)
- General fitness program

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Sandy Reimer

- TRX training
- Circuit training program
- General fitness program



Clare Beary

- General fitness program
- Yoga
- Exercises for rehabilitation
- Wellness Assessment



Ingrid Knight-Cohee

- General fitness program
- Bosu training
- Mastering the “ten best exercises”
- Yoga

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Aiste Ulozaite

- Weight loss workout routine
- Weight Free Body workout routine
- Show you the best way to utilize 30 min you have for your workout



Josh Clark

- General fitness program
- Body Ball Workout
- Stretching Regimen



Alycia Hall

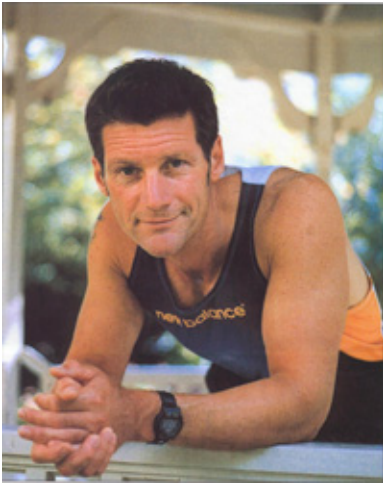
- Wellness Coaching Session. A great opportunity to discuss your health and wellness goals. Alycia will help you develop an action plan that addresses your unique challenges and achieve success!

REVITALIZATION 2010
Personal Training
Toby Russell



- Wt training program
- Stretch program
- Update your current program

Brad Hiebert



- Will review your current strength training program and make suggestions on how to make it more effective and efficient

Jody Sandler



- Posture Assessment & the Game Plan
- Urban Pole Walking - Total Body Conditioning
- Technique Review of Your Top Ten Exercises
- Discover Your Best Five Core Exercises

REVITALIZATION 2010
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Gord Micheaux



- Mastering a proper pushup.

Alesya Bogaevskaya



- 10 best exercises & 4 stretches

Maksym Keppskiy



- Postural analysis and muscle balance analysis
- Periodization of your program
- Biomechanics of basic weight training exercises, clean and press, squat etc.

REVITALIZATION 2010

Personal Training

Greg Poole



- analyzing your fitness program - how efficiently and effectively it matches your goals
- feedback on proper techniques of strength training exercises
- exercise for osteoporosis, back pain, shoulder problems
- core fitness

Lisa Wagner



- butts and guts program
- general fitness program

Fleur Palliardi



- pilates – mat or reformer
- general fitness program

Complete bios available on our website www.healthandfitness.com and in the PT binders located on the 3rd floor and at Member Services.