

# Personal Training

Effective September 2017



## BallaratAquatic

& LIFESTYLE CENTRE



Take a proactive approach to achieving your fitness goals! At BALC, you will receive individually prepared sessions based on your personal needs and requirements. Feedback is provided on your form, technique and exercising efficiently and effectively. Encouragement and accountability is provided throughout a range of training methods to ensure that you stay on track to achieve your goals.

Who can be involved and what can they expect in a session? Everyone!! Because our sessions are individually assessed, they are suitable for anyone from beginner to elite athletes. Sessions are both indoor and outdoor, and can include cardio, boxing, aquatics, strength & resistance, pilates and mobility training.

### Getting started is easy!

Simply complete the enquiry form on the rear side of this pamphlet and return to our friendly Health Club desk. A Trainer will contact you to discuss a time to kick-start your fitness journey!

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Sessions	Member	Non-Member
1/2 hour	\$38.00	\$47.00
1/2 hour (x5)	\$190.00	\$235.00
1/2 hour (x10)	\$342.00	\$423.00
1 hour	\$63.00	\$78.00
1 hour (x5)	\$315.00	\$360.00
1 hour (x10)	\$567.00	\$702.00

Please note: Payments are to be made before session commences

# Personal Training

Are you interested in starting your fitness journey? It's easy! Complete your details and return this form to our Health Club desk. A Trainer will contact you as soon as possible to organise a time to discuss your requirements.

Date:

Age:

Name:

Phone:

Email:

Are you a BALC member? Y / N

1. My primary health goals are

Aerobic Fitness

Strength

Flexibility

Injury/Rehab

Tone/Shape

Weight loss

Other:

2. Trainer preference

Male

Female

Either

3. Sessions

1/2 hour

1 hour

Day/s:

Time/s:

4. History: In the past I have done

Gym training

Aerobic Training

Other

5. Medical conditions/Injuries

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