

## INDIVIDUAL CONDITIONING PROGRAMS AVAILABLE ON THE CONDITIONING FLOOR

Receive personalized support and guidance from a qualified fitness professional. Depending on your needs, you can work with a student in the Kinesiology Clinic or a level 1, 2, or 3 trainer.

Programs (Prices in the table do not include taxes).	Clinic Students	Clinic Public	Level 1	Level 2	Level 3	
<b>Basic Assessment and Introductory Program-</b> Includes two appointments of 45 min-75 min. This program is designed for those wanting <u>one</u> basic program to get started on the conditioning floor. <u>Options:</u>	-	\$80	\$86	\$104	\$140	
Additional program	-	\$15	\$43	\$52	\$70	
Additional fitness component	-	\$5	\$10	\$12	\$15	
<b>Comprehensive Fitness Package – 2 x 1 ½ - 2 hr appointments</b> A safe and effective exercise program will be designed based on the results of a complete fitness assessment.	\$75	\$149	\$173	\$207	\$280	
<b>Functional Movement Screen and Program – 2 x ½ hr</b> This screen, developed by Functional Movement Systems Inc. <sup>TM</sup> , is designed to assess movement and provide corrective exercises to improve performance and prevent injury.	\$25	\$60	\$65	\$78	\$105	
<b>Initial/ Follow up Fitness Assessment – 2 hr</b> These fitness assessments are appropriate for participants who would like more knowledge about their current level of fitness. Includes cardiovascular, muscular, and flexibility assessments, and goal counseling.	\$45	\$89	\$97	\$117	\$158	
<b>Revised Program Design – 2 hr</b> This service is available to participants who want to revise their current program. Participants meet with a trainer to ensure that changes are safe, effective and get the desired results.	\$45	\$89	\$97	\$117	\$158	
<b>Follow up Fitness Assessment and Revised Program Design combo (2 appointments)</b> 1.5 hr assessment and 1 hr program delivery	\$60	\$120	\$130	\$156	\$210	
<b>Training Appointments</b> For participants who have an existing PERFORM program and would like support, via skype or in person, while they exercise. The appointments can be used to discuss healthy lifestyle goals and next steps. * For members only. Non-members are required to pay a day pass fee. ** Buy ten get one free.	½ hr	-	\$22	\$26	\$35	
	1 hr	\$10*	\$15*	\$43**	\$52**	\$70**
	5 x 1 hr	\$50*	\$75*	\$216	\$259	\$350