

INDIVIDUAL CONDITIONING PROGRAMS ON 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 do not include taxes).	Clinic Student/ Senior	Clinic Public	Level 1	Level 2	Level 3	
The Clinic offers fitness assessments performed by kinesiology internship students						
Basic Assessment and Introductory Program Includes two appointments of 1 hour. This program is for those wanting <u>one</u> basic program to get started on the conditioning floor. <u>Options:</u>	\$80	\$85	\$85	\$115	\$150	
Additional program	-	\$15	\$43	\$52	\$70	
Additional fitness component	-	\$5	\$10	\$12	\$15	
Comprehensive Fitness Package Includes two appointments of 1.5 hours. A safe and effective exercise program is designed based on the results of a complete fitness assessment.	\$135	\$140	\$140	\$198	\$255	
Fitness Assessment – 2 hr 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.	\$72	\$75	\$75	\$105	\$135	
Revised Program This service is available to participants who want to revise their current program. Participants meet with a trainer to update goals and design/review new program to ensure that changes are safe, effective and get the desired results.	\$72	\$75	\$75	\$105	\$135	
Training Appointments For participants who have an existing program and would like support, via online modalities (Zoom, Teams) or in person, while they exercise. The appointments can 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.	1 hr	\$30 (supervised appointment) / \$15 (3+)*	\$35 (supervised appointment) / \$20 (3+)*	\$35**	\$58**	\$75**
	5 x 1 hr	\$140 (supervised)/ \$70*	\$165 (supervised)/ \$95*	\$165	\$275	\$355
Maximal Aerobic Capacity Testing Can be performed on a bike or treadmill					TBD	
Maximal Aerobic Capacity Testing with a Training Program					TBD	

Cancellation Policy: As of January 2023, appointments must be cancelled 24 hours before the appointment. A fee will be applied to reschedule a cancelled appointment; \$15 for student appointments and \$25 for other appointments.