

Training & ASSESSMENTS

Get support from some of Edmonton's most qualified personal trainers. Our Exercise Specialists have the following accreditations:

- University degrees in physical education, kinesiology and/or sport/exercise science
- Certified Exercise Physiologists (*CSEP-CEP*) or Certified Personal Trainers (*CSEP-CPT*) through the Canadian Society for Exercise Physiology
- Certified Strength and Conditioning Specialists (*CSCS*) through the National Strength and Conditioning Association

Note: Personal training sessions and fitness assessments must be paid prior to booking and **expire one year from date of purchase**.

Please provide 24 hours notice if you are unable to make your scheduled appointment. Sessions will count at the full session rate without proper notice.

LEGEND: S/M/P = MacEwan Student / Member / Public

PERSONAL TRAINING

Let us help you reach your fitness goals! Set up a free consultation prior to purchase to discuss your training goals with a certified personal trainer by filling out the **Personal Training Inquiry Questionnaire** at [MacEwan.ca/PersonalTraining](https://www.macewan.ca/PersonalTraining). Please complete a consultation with a trainer **PRIOR to purchasing sessions**. Online fitness coaching is also available for those who prefer a virtual option. Email Fitness@MacEwan.ca for details.

Single sessions recommended only for those wanting a program designed for independent work.

	Sessions	STUDENT/MEMBER		PUBLIC	
		Price per Session	Total	Price per Session	Total
1-Hour Sessions	1	\$78 / session	\$78	\$86 / session	\$86
	5	\$67.60 / session	\$338	\$75.60 / session	\$378
	10	\$64.30 / session	\$643	\$72.30 / session	\$723
30-Minute Sessions	10	\$35.80 / session	\$358	\$39.80 / session	\$398
	20	\$33.90 / session	\$678	\$37.65 / session	\$753



ASSESSMENTS

PROGRAM & OFFERING	DESCRIPTION & PRICE
Body Composition Assessment	We'll use your height, weight, circumferences, and a seven-site skinfold assessment to estimate your fat and lean body mass.
30-minute session	S/M \$40 P \$44
Baseline Testing for Wellness/Performance	Meet with a certified Exercise Specialist to create a baseline fitness assessment tailored to your fitness goals. Determine which tests are most relevant to your goals and receive optimal training feedback based on your results. Available tests involve body composition, muscular strength and endurance, aerobic capacity, flexibility, and more.
Initial Assessment - 1 hr	S/M \$75 P \$85
Follow Up - 1 hr	S/M \$63 P \$69
VO₂ Max Testing	This metabolic test will determine your VO ₂ Max, anaerobic threshold, and training zones. Participants must have medical clearance from their doctor prior to testing. Group and team discounts are available. Please contact James at LinthorneJ@MacEwan.ca for information and booking.
1-hr session	S/M \$100 P \$115

READY-MADE STRENGTH PROGRAMS

These programs provide an affordable option for those who want a structured training program. Our highly educated, certified Exercise Specialists created these four-week programs to suit various training goals. For individualized training, check out our **Personal Training**.

PRICE
S/M: **\$30** P: **\$40**

PROGRAM	WORKOUTS PER WEEK	DESCRIPTION	EQUIPMENT
At Home Full Body	3	This progressive four-week program is designed for anyone, beginner to intermediate, who needs a little help structuring their workouts.	Bands/tubing recommended, exercises may be performed with bodyweight.
Run Strong	3	Lift to improve your run performance including strength and prehab workouts.	Access to a fitness facility is required.
Tactical Fitness	3-4	A program built for those pursuing a career or currently employed in law enforcement/corrections.	Access to a fitness facility is required.
Complete Workout - Upper Body Focus	3	This workout program focuses on eliciting more muscular growth for the upper body while putting lower body development into maintenance. You will find your upper body becoming a little more beat up while your lower body is maintained or grows at a slower pace.	Access to a fitness facility is required.
Full-Body, Booty & Core Builder	3	Each workout emphasizes volume in the glutes and lower body to help increase muscular size and tone while helping you to improve core strength.	Access to a fitness facility is required.
Barbell Basics	3	This four-week progressive program aims to refine squats, deadlifts, presses, and pulls techniques. At the end of the course, participants will learn and master the basic movements that utilize a barbell so that they can add more exercises to their arsenal.	Broomstick/barbell, additional weights optional.
No More Back Pain	3	This four-week program focuses on core and back strength to help decrease the incidence of back pain and provide protection against future problems.	Access to a fitness facility is required.
Full Body Balanced Workout	3	Grow muscle groups and maximize your efficiency in the gym while targeting larger movements and utilizing supersets and circuits to increase the efficiency of your workouts.	Access to a fitness facility is required.