

preparing your fall routine?



INCLUDE US TOO!

OFFERS VALID SEPT 14-30

15% OFF ALL MEMBERSHIPS

MEMBERSHIP + TRAINING BUNDLES

Purchase a 1 year membership & receive 1 free personal training assessment or purchase 5/7 pack of personal training & receive a free 1 month membership.



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MEMBERSHIP + TRAINING BUNDLES

WHAT DOES MY PERSONAL TRAINING PACKAGE INCLUDE?

5 PACK – PT PACKAGE

Your five sessions include your initial assessment. You will receive your initial assessment followed by four (4) subsequent Personal Training sessions.

7 PACK – PT PACKAGE

Your seven sessions include your initial assessment. You will receive your initial assessment followed by six (6) subsequent Personal Training sessions.

1-YEAR ANNUAL MEMBERSHIP

If you have purchased a 1-year annual membership between September 14-30, you will receive 1 FREE Personal Training assessment. Any additional Personal Training sessions will have to be purchased separately.

WHAT IS THE INITIAL ASSESSMENT AND WHY IS IT REQUIRED?

The initial assessment is a key first step in your personal training journey. During this 60-minute session, you and your trainer will discuss your goals, expectations, and any relevant background information. If you choose, we can also take initial measurements to help track your progress over time.

This session is designed to establish a baseline of your mobility, strength, and overall function. By understanding where you're starting from, your trainer can create a personalized program tailored to your needs and goals.

After the assessment, you and your trainer will schedule your next visit, where you'll begin your training sessions. The initial assessment sets the foundation for your success, ensuring your program is safe, effective, and built specifically for you.

WHAT IF I AM ALREADY MATCHED WITH A TRAINER AND HAVE ALREADY COMPLETED MY INITIAL ASSESSMENT?

If you are already working with a City of Maple Ridge Personal Trainer and have completed the Initial Assessment, no additional assessment is required. Your 5 or 7 pack of Personal Training sessions will be used as Personal Training sessions.



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