



## Personal Training Guidelines

### Pryde Aquatic & Wellness Centre (AWC)

Our goal is to provide a **safe, welcoming, and inclusive** fitness environment for all users. The following guidelines outline how personal training services operate within our facility.

### Certified Personal Trainers

To ensure safety and quality, **only personal trainers approved by the facility** may provide training services on site.

Pryde AWC trainers:

- Hold a **current, recognized fitness certification**
- Provide a **current CPR/AED & First Aid certification**
- Follow all facility policies, procedures, and codes of conduct

### Outside/Independent Trainers

Independent or private trainers **not approved by the Pryde AWC** are **not permitted** to:

- Train clients inside the fitness centre or fitness studio
- Use facility equipment for personal training purposes
- Train clients via video call in the facility
- Collect payment for training services on site

### Why These Guidelines Exist

These guidelines help us:

- Maintain a **safe exercise environment**
- Ensure **qualified instruction**
- Protect participants, trainers, and the facility



## Personal Training Sessions

Personal Training sessions are **\$65 per one-hour session + tax**. Individual personal training sessions may include:

- An initial discussion regarding past training experiences and completion of health-related forms (first session).
- A personalized workout completed during the session with a certified personal trainer
- Additional exercises may be provided to support continued practice and progress between sessions

Clients who choose to purchase a **10-Session Personal Training Pass** receive a **12% package discount on the overall personal training purchase**.

Participants who purchase a **10-Session Personal Training Pass** will receive:

- **Personalized fitness workout(s)** designed to support progress between training sessions to be done independently.
- **Programs tailored** to individual goals, experience level, and available equipment

All personalized workouts are developed by a **certified personal trainer** and may be **adjusted as needed** based on progress, performance, and changing fitness goals during personal training sessions. Personalized fitness workouts may be modified or shortened based on client needs and complexity subject to availability and training hour allotments.

## Personal Training Cancellation Policy

### Cancelled, Rescheduled or Missed Appointments

We require a minimum of 48 hours' notice if you need to cancel or reschedule a session.

When you book a session, that time is set aside exclusively for you. We value your time and our own, so providing at least 48 hours' notice is essential. If you cancel, reschedule, or miss your appointment without the required notice, the session will be deducted from your purchased personal training package.

We understand that extenuating circumstances do arise, this will be dealt with on a case-by-case basis.

### Interested in Personal Training?

Please complete the following: [Personal Training Interest Form](#)