



# PERSONAL TRAINING

75% of people who exercise are not getting the results that they want, but of the 25% of people who are getting results, 90% of them are working with a personal trainer.

Personal training is not just for elite athletes and celebrities. Everyone can benefit from a session with one of our highly qualified trainers. Our trainers are amongst the most qualified in Calgary. Every trainer possesses a university degree in Kinesiology or equivalent and holds nationally recognized post-graduate certifications in exercise prescription and testing.

**Contact us to schedule your free consultation, [info@watermarkfitness.com](mailto:info@watermarkfitness.com)**



## One-on-One Training

Each one-hour session is a one-on-one training session, with the trainer instructing and motivating you to maximize your results. Every workout is tailored to meet your individual needs.

Fresh Start Exercise Plan	\$277	includes 3 x 1-hour training sessions and a personalized exercise program
5 Session Package	\$355	
10 Session Package	\$660	



## Express Training

These shorter sessions of 45 minutes may fit better with your busy schedule and provide better work-life balance.

5 Session Package	\$300
10 Session Package	\$530



## Pair Training

Increase results and decrease cost per person with pair training. Working out with a friend might be just what you need to stay motivated and find more enjoyment in exercise.

5 Session Package	\$267.50/person
10 Session Package	\$490/person



## Body Composition

An in-depth analysis of your anthropometric measurements and total body fat percentage. This includes 8 circumference measurements and 7-site skinfold measurements (Jackson & Pollock).

30 minute Session	\$50
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## Customized Small Group

Allow us to customize a small group training or healthy team building experience for you. Several options are available including group fitness classes, healthy lifestyle programs, or weight loss challenges.

**Contact us for pricing**