

Personal TRAINING

I want to get started

QuickStart: \$85 + gst (Pairs \$99 + gst)

90 min session including 30 min consult (*generic workout plan*)

QuickStart Plus: \$169 + gst (Pairs \$199 + gst)

30 min consult + 2 x 1hr sessions (*personalized workout plan*)

Performance: \$275 + gst

30 min consult + 4 x 1hr sessions (*personalized workout plan*)

I'm ready for more

Maintenance 5: \$275 + gst (Pairs \$325 + gst)

5 x 1hr sessions

Maintenance 10: \$550 + gst (Pairs \$649 + gst)

10 x 1hr sessions

Specialized training packages

For those with chronic medical conditions, post rehab needs or injury recovery. Select trainers have the background and training in these specialized areas.

QuickStart Plus: \$189 + gst

30 min consult + 2 x 1hr sessions

Specialized: \$324 + gst

30 min consult + 4 x 1hr sessions

Specialized Maintenance 5: \$324 + gst

5 x 1hr sessions

Specialized Maintenance 10: \$648 + gst

10 x 1hr sessions

To book in with a trainer, or for more details, stop by the Front Desk or email info@comox.ca

Comox Community Centre

1855 Noel Ave, Comox BC | V9M 2H4

250-339-2255 | info@comox.ca

www.comox.ca/rec



Personal TRAINING



TOWN OF COMOX
RECREATION

Personal TRAINERS

***SPECIALIZED TRAINING**



SIGNI CAINE*

Certifications/Applicable Education:

- Recreation Studies BA
- BCRPA Personal Training; Group Fitness Leader; Third Age; Yoga Fitness Leader
- Medical Exercise & Post Rehab Specialist
- PWR Certification (Parkinson's Wellness Exercise)

Area of specialty:

- Women's strength and Post Rehab

Your passion for fitness: Exercise is a prescription for health. I emphasize mobility, function and health for life.

Training Since: 2009

Availability: Mon - Fri flexible hours



MARTY GATES*

Certifications/Applicable Education:

- BA Kinesiology
- Rehabilitative Exercise Therapy Level 1
- CanFit Pro Personal Trainer

Area of specialty:

- Seniors; General population; Sport specific training; Cycling and mountain biking

Your passion for fitness: Healthy living and lifestyle leads to a sound mind and a sound body.

Training since: Over 20 years

Availability: Wed, Thu, Fri & Sat



PAULA DICKIE

Certifications/Applicable Education:

- CanFit Pro Personal Trainer
- CanFit Pro Fitness Instructor Specialist
- CanFit Pro Health & Weight Loss Coach

Area of specialty:

- Building strength, mobility, flexibility & general aerobic fitness.

Your passion for fitness: I enjoy training a wide variety of client types with unique needs, and goals. I feel empowered and a great sense of joy when my clients reach their goals and want to keep fitness a part of their life.

Training Since: 2015

Availability: Mon - Fri daytime



JILL NELSON*

Certifications/Applicable Education:

- BCRPA Trainer of Fitness Leaders
- BCRPA Personal Trainer, Group Fitness Leader, Third Age
- Medical Exercise & Post Rehab Specialist
- Rehabilitation Assistance in Physical Medicine
- FAME Instructor (Stroke recovery); PWR Instructor (Parkinson's support)
- Reebok Spin (After 3rd Age)

Area of specialty:

- Medical exercise; Rehabilitative exercise

Your passion for fitness: Just keep moving!

Training Since: Over 30 years

Availability: Mon - Fri until 3pm



GAMMY BRAR

Certifications/Applicable Education:

- ACE Personal Trainer
- Info fit Trainer

Area of specialty:

- Third Age; Indigenous Youth; Resistance training; Weightlifting training; Newcomer to Canada

Your passion for fitness: Attain to benefit individuals and make a positive influence on others' lives.

Training since: Since 2021

Availability: Mon, Wed, Thu, Sat & Sun



LAUREL DICKSON

Certifications/Applicable Education:

- BCRPA Personal Trainer
- Group Fitness Leader
- Pregnancy & Postpartum Corrective Exercise Specialist

Area of specialty:

- Pregnancy & postpartum fitness; Indoor cycling; Kickboxing

Your passion for fitness: I believe that we should be proactive with our health, staying fit and active before we need to be reactive to issues that may arise.

Training Since: 2011

Availability: Mon, Tues, Thurs, Fri & Sat



LEE SAHLSTROM

Certifications/Applicable Education:

- BCRPA Personal Training with Elite Personal Training
- BCRPA Weight Training; Fitness Theory; Older Adult
- FAME Instructor (Stroke Recovery); NeuroFit and PWR Certificate (Parkinson's Support)

Area of specialty:

- Older Adult, Parkinson's,

Your passion for fitness: Increase quality of life and mobility for all who want or need it. I truly believe that anyone, at any age, can find freedom through movement

Training since: Since 2022

Availability: Mon, Wed, Thu & Sat