



Personal **TRAINING**



TOWN OF COMOX
RECREATION

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 (Pairs \$399 + 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

**With a specialized trainer*

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*



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: To make a positive influence on others lives through the individual benefits of exercise.

Training since: Since 2021

Availability: Mon, Wed, Thu, Sat & Sun



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
- Peri/Post Menopause

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

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

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: The connection between physical and mental health is what motivates me to share the love of fitness with others.

Training Since: 2011

Availability: Mon, Tues, Thurs, Fri & Sat



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



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

Lee SAHLSTROM

**specialized trainer*



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:

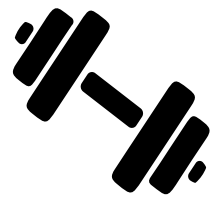
- Older Adult
- Parkinson's
- Chronic Pain

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

Fitness Studio



Fitness Studio Hours

Monday to Friday

Saturday & Sunday

6:00 am - 9:30 pm

8:00 am - 4:30 pm

Ask A Trainer | Sep 6 - Dec 31

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

9:00 - 11:00 am & 3:00 - 9:30 pm

3:00 - 9:30 pm

9:00 - 11:00 am & 3:00 - 9:30 pm

3:00 - 9:30 pm

9:00 - 11:00 am & 3:00 - 9:30 pm

8:30 am - 3:00 pm

8:30 am - 3:00 pm

Rates

Fitness Studio Rates	Adult 19 - 59 years	Senior 60 years +	Student 12 - 18 years	Family
Drop-in	\$7.25	\$6.10	\$5.00	\$14.75
10 Visits	\$65.25	\$54.90	\$45.00	\$132.75
1 Month	\$77	\$64	\$54	\$157
3 Months	\$157	\$126	\$104	\$322
6 Months	\$263	\$207	\$163	\$579
1 Year	\$409	\$327	\$253	\$819
Unlimited Courts & Fitness Studio Pass - 3 months	\$220	\$167	\$146	

Prices, conditions, and schedules are subject to change without notice. Visit comax.ca/rec for the latest info.



Comox Community Centre

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www.comox.ca/rec