



personal training



CARDEL
PLACE

*for community,
sports & recreation*

reach new possibilities with play

Cardel Place is the place to be for all your health and wellness needs.

We've got a little something for everyone including training and nutrition services for all levels and abilities. Whether you're a party of one, best friends or a group of three or more, we've got flexible packages, more toys and a bigger playground to energize your mind, body and spirit.

training packages

Our experts and services are tailored to meet your needs - injuries, risk factors, personal concerns, schedules, personality types, goals, training needs and more are priority one. We make sure the expertise, experience and personality of your trainer is a perfect fit for you.

beginner: get started, be motivated

New to fitness? Or looking for a fresh start? Sign up now to lose weight, improve overall health and wellness, and find increased stamina and energy. Don't get frustrated, get holistic! See real results in a fun, safe and supportive environment.

intermediate: pump up the play

Tired of the same old routine? Stuck in a rut? Increase your strength, endurance, flexibility and tone with a personalized plan that's anything but boring. Kick start a new you now. But be warned...this is no ordinary workout.

expert: be a champion

You're a serious player. You don't just set goals, you surpass them. So what are you waiting for? Take your health and fitness goals to the next level. Don't waste time with a generic workout - get enhanced performance and advanced training with a personalized program made just for you.

Play differently from others? Tell us your goals and we'll create a custom training package just for you.



all training packages include:

- Fitness Centre orientation
- Health and fitness assessment
- Personalized workout program
- Healthy lifestyle information
- Motivation and support
- Optional nutrition services

Individual fitness assessments, personalized nutrition packages and amateur sport training opportunities are also available. For more information and pricing contact our Holistic Services Team Leader at 403-567-4466.

choose your path:

	 individual	 semi-private	 group (3 or more)
6 sessions	\$375	\$233/each	\$156/each
11 sessions	\$670	\$385/each	\$286/each
16 sessions	\$935	\$530/each	\$416/each
Fitness Assessment	\$60/each		
Nutrition Consultation	\$30/each		

Questions? Ready to get started? Call our Holistic Services Team Leader at 403-567-4466 and get onto the path to wellness.



come out and play

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