



Be your own success story!

Locker Room Pro Trainer Fitness Services



Locker Room Health & Fitness Club
99 Stannus St., Windsor, N.S.
902-798-8220
www.thelockerroom.ca



Why hire a personal trainer?

A personal trainer is an important part of your fitness plan. The top five reasons to hire a personal trainer are:

- Motivation – your trainer will provide structure, direction and accountability to help you succeed.
- Individual programming - your trainer will design a safe and effective program to help you reach your health and fitness goals.
- Efficient and effective – your trainer will design a program to achieve maximum results in minimum time and keep you focused on results.
- Technique – your trainer will teach you proper exercise technique to maximize your efforts and avoid injury.
- Jump-start your program – if you're a veteran exerciser, your trainer will ramp up your program and motivation for maximum results.



Who are we?

The Locker Room's personal training team is made up of an enthusiastic group of professionals.

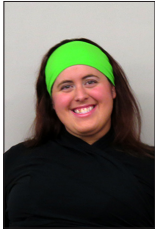
Our trainers specialize in a variety of areas including sports conditioning, post-injury training, older adults, child and youth programs, strength training and general health and wellness.



The Locker Room's personal trainers are certified through provincial and national associations. They maintain their certifications by attending continuing education conferences and workshops.



Meet your trainers



Katie Forand

Personal Trainer, Fitness,
Zumba® and Yoga Instructor

canfitpro, CALA, Keizer™,
Schwinn™ and YogaFit™
Zumba® Licensed

Jocelyn Johnston

Personal Trainer, Fitness,
Yoga and Aqua Fitness
Instructor

canfitpro, CALA Certified



Mike LeGoffic

Personal Trainer
canfitpro Certified

Kettle Bell Foundations
TRX Trainer



Doris Ward

FNB Personal Fitness Trainer,
STOTT Mat Pilates Instructor,
Schwinn™ Certified Cycling
Instructor and Aradia
Certified Pole Fitness
Instructor



Services offered

With your success in mind, the Locker Room's personal training services extend beyond exercise.

Services include:

- fitness assessments
- personal consultations, goal setting and overcoming obstacles
- half-hour and hour long sessions to customize your program
- individualized fitness training programs
- nutrition analysis and counselling
- sports conditioning training
- post-rehabilitation programs
- older adult programs
- youth programs
- weight loss programs

Get the one-on-one attention you need for the motivation, guidance and custom results you want!



Personal training checklist

Before your first personal training session please:

- choose a trainer to meet your specific needs. Please refer to individual trainer inserts or speak with our friendly staff.
- schedule an appointment with your trainer.
- complete and return all client information forms. Forms are available at the front desk and on our website, www.thelockeroom.ca
- consult your physician before starting a fitness program, especially if you have pre-existing health concerns.
- choose comfortable exercise clothing and fitness shoes suitable to the type of exercise you'll be doing.