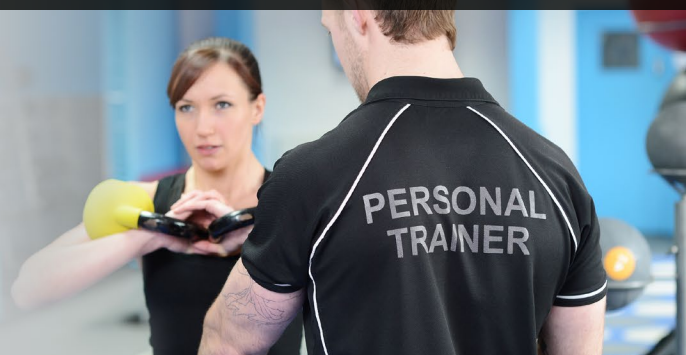


# AIM HIGHER. PUSH HARDER. FEEL BETTER.

Whether you are new to fitness or looking for a challenge, our personal trainers will design a customized program to help you achieve your goals.



## PERSONAL TRAINING



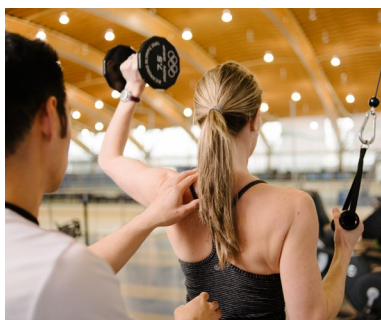
All new personal training packages include a complimentary Functional Movement Screen (FMS) and assessment. FMS is a 7-test screening tool used to evaluate quality movement patterns required in sport and day-to-day activities. FMS will identify movement limitations, muscle imbalances and flexibility concerns.

### PRICING (per person/session)

Package Options	Individual		30 Min		Partner	
	MEMBER	NON-MEMBER	MEMBER	NON-MEMBER	MEMBER	NON-MEMBER
<b>Jump Start Package*</b> (3 sessions)	<b>\$199</b> (\$66 /session)	<b>\$231</b> (\$77 /session)			<b>\$135</b> (\$45 /session)	<b>\$168</b> (\$56 /session)
3 sessions	\$79	\$89	\$47	\$53	\$56	\$67
5 sessions	\$72	\$85	\$43	\$50	\$50	\$61
10 sessions	\$67	\$80	\$40	\$47	\$47	\$56
25 sessions	\$65	\$77			\$44	\$54

\* **Jump Start Package** can be purchased once in a 12-month period and expires 3 months from date of purchase.

## CORRECTIVE EXERCISE



Corrective Exercise is for individuals looking to improve their physical performance, reduce pain and/or discomfort and rebound from injury or illness. Using an individualized approach, Oval Kinesiologist will work with you to assess your current capabilities and provide you with concrete strategies to enhance movement and improve your physical health.

OPTIONS	MEMBER	NON-MEMBERS / INSURED
One Session	\$85	\$95
6 Sessions	\$498	\$558
12 Sessions <b>NEW</b>	\$960	\$1080



## LIFESTYLE PACKAGE



Personal training and nutrition support for those looking to make impactful lifestyle changes to achieve the results you desire. Lifestyle package includes 10- 30 min training sessions, 1 nutrition consultation, and 3 follow up nutrition sessions with the Oval's Registered Dietitian.

MEMBER	NON-MEMBER
\$650	\$775

To book a complimentary consultation :

Contact **Ashley Miller** at **778 296 1453** or **amiller@richmondoval.ca**  
richmondoval.ca | 778.296.1400 | 6111 River Road Richmond BC



COMMUNITY LEGACY PROGRAM