

Professional Fitness Services

Rebels Active Living - Energize Your Life!

Body Composition Analysis (\$25)

A complete body analysis that includes measures of height, weight, girths and skin folds then uses them along with scientific formulas to calculate body composition. Results provide useful information for individuals interested in knowing current percentages, associated health benefits/risks, and monitoring changes that happen when incorporating physical activity and sound nutrition into daily living. (30 minute service)

Fitness Appraisal (\$50)

Draw on the expertise of our Professional Trainers to evaluate your health and lifestyle history, determine your personal profile, and lay the groundwork for a safe, personal program of health promoting behaviors. Our professionals will discuss with you your personal goals, how to achieve them, and how to integrate physical activity into your lifestyle for optimum health and well being. You will receive a summary of your results with the associated health benefits/risks. (90 minute service)

Personal Training (See Rates Below)

RRC Professional Trainers will show you how to effectively get the most out of your workout by guiding you through a session of proper exercise techniques, body alignment, safety considerations, injury prevention & stretching methods. Want to train with some friends? Check out our incredible group rates! (60 minute service)

| <i>One on One Training (60 min session)</i> | |
|--|-------------------------------------|
| Sessions | Staff & Student Rate |
| 1 | \$45 |
| 2-4 | \$40 |
| 5+ | \$35 |

| <i>Group Training (60 min session)</i> | | |
|---|----------------------------|--------------|
| Group Size | Rate per Person | Total |
| 2 | \$24 | \$48 |
| 3 | \$16 | \$48 |
| 4 | \$12 | \$48 |
| 5+ | \$10 | \$50+ |

Registration Information

1. Register at the Student Services Centre, D101 (NDC) or P104 (PSC)
2. Bring your receipt to the front desk in the North Gym (NDC) or the Exchange Fitness Centre (PSC) to complete the registration process.
3. Show up to your sessions ready to reach your goals!

For more information contact:

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