



## Bracebridge Sportsplex Personal Training

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### General information for Personal Training Sessions?

- Session can be done by individuals, pairs or groups up to 5 people per trainer.
- Sessions are 45 minutes in length.
- Sessions include admission to the facility before and after the session.
- Sessions are available on land or in water.
- Good for all abilities. Rehabilitation cases to elite athletes can all be accommodated.
- Clients with a background of poor health will be asked to complete a “PARAMED-X” form which must be signed off by a medical professional before training begins.

Fees are as follows:

Individual – per session	\$45.00 + HST/person
Pairs – per session	\$28.10 + HST/person
Small Group (up to 5)-per session	\$19.98 + HST/person

### How do I arrange for Personal Training Sessions?

- Visit our Reception Desk to pick up and fill in the “Personal Training and Pairs Training-Intake Form” or print the [Personal Training and Pairs Training-Intake Form](#) and either dropped off at the Bracebridge Sportsplex Reception Desk or scanned and emailed back to Rec.Office@bracebridge.ca
- The forms will be forwarded to the programmer who will contact Personal Trainers based upon requests for specific trainers or availability and set up dates and times for training.

### Can I have a specific Trainer?

- Yes. For a specific trainer, please reference their name on the “Personal Training and Pairs Training- Intake Form”.
- Requested trainers will be contacted by the programmer and given applicant’s personal contact information to make initial contact to arrange time and day.

### How do I pay for my Personal Training sessions?

- Clients may choose to pay at Reception Desk prior to training or leave credit card information in our secure system. After a session has been attended, staff will process payment and receipts will be emailed or handed out.



**BRACEBRIDGE**  
*The Heart of Muskoka*

**FAQs**

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### **How many sessions do I need? Is there a minimum?**

- There are no minimum or maximum numbers of sessions required. Clients are in charge of their own training and may choose any combination of days and times.
- Sessions may begin or end at any time the facility is open.

**For further information please contact the Bracebridge Recreation Department at (705) 645-3037.**