



Designed with you in mind, personal training at SEAPARC Recreation will help you achieve your goals. Our qualified team will customize workouts to meet your needs and abilities. Whether a beginner or seasoned athlete we can support your fitness goals with our expertise! Work one-on-one or with a family member.

How to get started?

Fill out a client information package and return it to the front desk.

Select and purchase the training package that appeals to you. Your paperwork goes to the coordinator who will contact you and set you up with your trainer.

Pricing (plus tax)

Sessions expire 6 months after purchase

Private

3 Sessions	\$168
6 Sessions	\$324
12 Sessions	\$636

Semi-Private (2 people)

3 Sessions	\$105/person
6 Sessions	\$198/person
12 Sessions	\$360/person

Weight Room Orientations

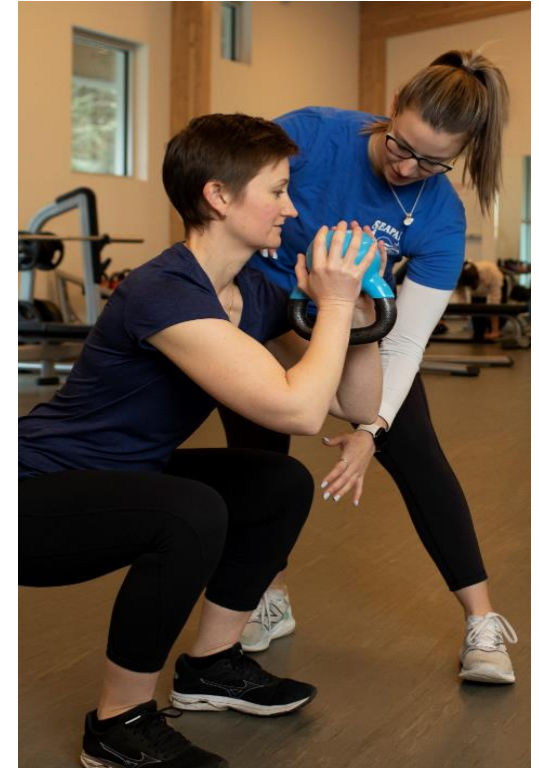
Private session	\$50
Semi-private session	\$37/person

Group orientations also available.
Please see our website or ask at reception.



Contact Us

Phone: 250-642-8014
Email seaparc@crd.bc.ca
Web: www.crd.bc.ca/seaparc



SEAPARC PERSONAL TRAINING

Healthy Happens Here



Colleen DiLallo

Colleen's passion as a fitness professional is to empower others to create positive healthy lifestyle changes in their daily lives. It takes awareness, intention, choice of thought and an action plan for any transformation of body & mind to occur. Colleen's specialty is personal guidance and functional movement. She also teaches a variety of classes including HIIT, Zumba, Aqua Zumba and BellyFit Flow.

"Colleen is a fantastic personal trainer. She takes the time to get to know you and your goals, and then designs a program that will work for you. She sticks with you every step of the way. It's been a pleasure working with her. "

Christine



Jenna Kurylo

Jenna has over 20 years in the fitness industry teaching a variety of group classes from strength, spin, TRX®, Bellyfit®, yoga, aqua, BARRE and is Fully STOTT®, Pilates certified. Her Bachelor of Health Science Studies and years as a Registered Massage Therapist and College Hockey Team Trainer gives her a therapeutic approach to training and she knows every**body** is unique. Golf, skiing, and running are her current passions.

"Jenna introduced me to the wonders of Pilates after my hip replacement, and she's guided, coached and encouraged me for 5 years since. Her approach is rooted in a wide and deep knowledge of the body's subtleties; compassion for--and confidence in--the person she's training; and the good humour needed to effectively challenge and support." Lorna



Dave Ristau

Dave brings a wealth of knowledge with over 15 years' experience in fitness and recreation with a passion for weightlifting, athletic conditioning, karate and scuba diving. Dave specializes in working with older adults, improving lifting technique and strength and the ability to get you moving better. He looks forward to working with you in one of his popular classes or as your personal trainer.

"Dave is currently my resistance trainer. I have been with him for over half a year and he has improved my health, my back does not hurt anymore and I have developed muscles and strength. I am a healthier person and am able to enjoy life more, thanks to Dave. Looking forward to more workouts with Dave." Teresa