



Lindsee M. Michel
ISSA Certified Personal Trainer
Sports Nutrition Consultant
Olympia Fitness Ltd.
1623 1st Avenue NE
Weyburn, SK
lindsee@accesscomm.ca
306-861-6513 (cell)

Sarah Church
ISSA Certified Personal Trainer
Twist Sport Conditioning Bronze Level
Certified Bikini Boot Camp Trainer
CrossFit Foundations
Olympia Fitness Ltd.
1623 1st Avenue NE
Weyburn, SK
Sarah.church@olympiafitness.ca
306-842-5111 (gym)

Faye Hoium
Can-Fit-Pro Certified
Personal Trainer Specialist
Olympia Fitness Ltd.
1623 1st Avenue NE
Weyburn, SK
Hoium.mvp@sasktel.net

***“If you keep doing the same
thing.....you will keep getting the same
results!”***

PROGRAMS AVAILABLE

Consultation and Basic Program - \$75.00

You will receive a program designed for your personal fitness goals plus 1 hour of personal training instruction. This program would be great for the individual just starting out or getting back to a regular fitness routine. You will receive one workout session to give you the basic understanding of all the exercises you will be doing with your program. Instruction and guidance will be provided to ensure proper form and technique is used to get you off to a positive start.

- Program \$25
- Training Session \$50

Consultation and Upper/Lower Body Split Program - \$125.00

You will receive an upper / lower body program designed for your specific fitness goals plus 2 hours of personal training instruction to give you the basic understanding of a lower body/upper body split program. Instruction and guidance will be provided to ensure proper form and technique is used for all exercises included with this program. This program is great for an individual who is looking to take their fitness level a little further concentrating on specific areas of the body.

- Program \$25
- Training Sessions 2x\$50

Consultation and Mass Building Program - \$190.00

You will receive a program designed for your personal mass building goals plus 3 hours of personal training instruction. This program will be for the individual who is focused on building lean muscle mass. Instruction and guidance will be provided for all exercises included with this program with emphasis on proper form and technique.

- Program \$40
- Sessions 3x\$50

Consultation and Toning Program - \$190.00

You will receive a program designed to meet your specific fitness goals plus 3 hours of personal training instruction. This program would best suit the individual who wants to tone up their body and develop athletic definition throughout their body. Instruction and guidance will be provided to ensure proper form and technique during each exercise in your program.

- Program \$40
- Training Session 3x\$50

Consultation and Cardio Program - \$60.00

You will receive a 1/2 hour session to help you pump up your cardio and achieve superior fat burning, cardiovascular, and endurance results.

Other Options:

- **Body Fat Testing - \$30.00**
- **Extra workout sessions - \$50.00**

You will receive additional one on one motivation and guidance with proper form and technique with an existing program.

- **Small Tweaks - \$60.00**

You will receive a 1 hour session and consultation to tweak your existing program.

- **Workout for two**

You will receive one program designed for you and your partner to workout together. Any of the above programs offered with an additional charge of \$30.

Ex. Toning program: \$190 + \$30 = \$220 (\$110 per person)

This is specifically designed for those who train with a partner

- **5 pack training sessions-\$250**

You will receive five 1 hour sessions with programs options. 1 week advanced notice required by appointment only. Use for when you want a good butt kicking workout by a certified trainer!

- **Back on track Nutrition-\$65.00**

You will receive information on increasing metabolism, how to get your metabolism working for you again, a nutrition plan, as well as healthy snack options. *1/2 hour with trainer
Sport specific nutrition and more in depth nutrition \$55/hr w/Lindsee Michel only

Special Extensive Programs

**These programs are specifically designed for an individual looking for EXTRA guidance and 1 on 1 motivation over an 8-12 week period. The individual MUST commit to the time period for 8-12 consecutive weeks*

**All appointments must be made up front and if signing up with a partner you must be at similar fitness levels.*

**24 hour cancellation notice is required or you will be charged for session otherwise*

**All cancelled sessions must be made up with in the same week(not on consecutive days or hours).*

If you are interested in the extensive programs and would like more information please email one of the three trainers listed on the front.

If you would like either Lindsee, Faye or Sarah to be your Personal Trainer please note that:

You must completely fill out the health history folder with your information. Ask an Olympia staff member to get you the folder.

Once you have filled out the folder completely and returned it to Olympia Fitness the trainer will contact you within 10 days.

Monthly Coaching-\$60/month

Continuous support from your personal trainer. She will be on hand via email or in person for questions about nutrition, training, stretching, or anything that pops up throughout the month.

Please specify which trainer you would like to meet with and include this sheet with your folder:

Lindsee Michel Sarah Church Faye Hoium

No preference

****GYM MEMBERSHIP IS NOT INCLUDED IN THE TRAINING PRICES****