

The VRC difference.....

Valley Racquets and Fitness Centre is a premier fitness facility located in Abbotsford, British Columbia.

Celebrating our 31st anniversary, VRC has maintained a leading edge in the delivery of fitness services.

VRC was the first club in Abbotsford and prides itself on customer service and expertise. With over 25,000 sq feet of fitness, we have the variety you need to stay motivated!

VRC personal trainers are experienced trainers with BCRPA certifications.

VRC's personal training services are for persons of any age or fitness level. VRC's trainers will provide you with an individualized exercise program tailored to meet your goals and your health and fitness needs.

How do I get started?

Use one of these convenient ways to schedule an appointment or to obtain additional information:

- Contact VRC Front Desk: 604-859-1331
- Talk to Francis in the weightroom.
- Email: francis.v@vrcfitness.ca

For more information on VRC and other products and services, visit:
www.vrcfitness.ca



Looking to lose weight?

Need help getting back into your fitness routine?

Want a program designed specifically for you?

Want Nutrition Tips?

**Personal
Training
is the
answer!!**

Personal Training Services

What do VRC's personal training sessions include?

Consultation - Your personal trainer will help you set physical activity goals and establish an appropriate exercise program.

Exercise Program - You will receive an exercise program tailored to your health and fitness needs. Your exercise program will include a combination of health and fitness components.

Personal Trainer - You will receive individualized attention, guidance and motivation to ensure your success in reaching your physical activity goals.

A consultation will find out:

- What physical goals are important to you
- What is your time availability to pursue these goals
- Where are you at achieving these goals
- What your nutrition plan is
- What your strength plan is
- What your cardio plan is
- What your recovery plan is
- Where each of these plans are at
- If you have barriers to completing these goals

From this we develop a cost effective plan that will enable you to gain success

PRICES

1 Session	\$55.00
3 Sessions	\$149.00
10 Sessions	\$450.00
Info Session (1 free included in membership)	\$25.00

GIFT CERTIFICATES AVAILABLE!

* person must be a member to utilize services

At VRC our training approach are based off of a simple ACRONYM RBT.

RBT stands for **Results Based Training**. If you are coming in for a specific reason and if you do not know how to get there we will work with you to come up with a road map to get you there. Additionally we will follow up to ensure that you are staying on course.

If you're having difficulty doing it on your own, then we have individually designed programs that offer more support/expertise. Support may be anything from traditional one on one sessions, program design, physiotherapist referrals, 15 min 1x per week accountability meetings.

