

Personal Trainers Continued

Nadia Rose



Nadia has over 20 years of experience in the health and fitness industry. Her interaction personally and professionally with Fitness has allowed her to work with a wide range of people from beginners to advanced levels of fitness. Her preferred training style combines Core Training, Cardiovascular Conditioning, Strength Training, Weight Loss, Weight Gain, and Pre-Post Natal. She also has competed as a Fitness Model for FAME and WNSO. Her current certifications include: BCRPA Certified Personal Trainer, BCRPA Supervisor of Weight Trainer, BCRPA Certified 3rd Age Instructor, BCRPA Supervisor of Group Fitness Instructor, BCRPA Certified Aquatic Instructor, BCRPA Certified Yoga Instructor and (Yoga for Kids), BCRPA Certified Pilates Instructor, Zumba Instructor (Level 2, Zumbatomic, Aqua Zumba), RIPPED Certified Instructor, Anti Gravity Yoga Certified Instructor, Can Fit Pro Pre- Post Natal Instructor.

Fitness Centre Rates

	Adult	Youth & 55+ yrs
Drop in:	\$5.65	\$3.60
Visit Cards:	\$54/12	\$34/12
Passes : Fitness Centre		
1 month	\$46	\$34
3 month	\$97	\$72
6 month	\$164	\$123
1 year	\$272	\$205
*Family add-on - 1 year	\$136	

*Family add-on: For immediate family members residing in the same residence. With the purchase of a one-year adult pass, you may add up to one additional adult and all dependant minors (aged 18yrs and under) for the price listed in the above chart. The first family member pays the full rate and each additional member pays the reduced rate. Passes must be purchased at the same time, are non-transferable and only apply

Hamilton Community Centre Personal Training Information



5140 Smith Drive, Richmond BC, V6V 2W5

Phone: 604.718.8055

Email: hamilton@richmond.ca



General Information

- ✓ Initial consultations are free of charge and will take approximately 30 minutes.
- ✓ All sessions will be 1 hour in length.
- ✓ Payment is due prior to first session following initial consultation.
- ✓ 24 hours notice is required when cancelling an appointment. Failure to do so will result in the client being charged for the session.
- ✓ Sessions must be used within 6 months of purchase.
- ✓ Sessions are non-refundable.

Rates (plus applicable taxes)

Number of Sessions	One on One Training	Train with a friend
1 session	\$43.55	\$65.00
3 sessions	\$121.90	\$182.85
5 sessions	\$185.70	\$278.60
10 sessions	\$336.65	\$490.00

How to Get Started:

1. Pick your trainer and notify the Hamilton Front Desk.
2. The personal trainer will then contact you to set-up a free consultation within 24 hours.
3. Purchase your sessions at the Hamilton Front Desk!

Personal Trainers

Claudia Castro:



Claudia's passion for fitness started 15 years ago. Growing up she was involved in several sports and outdoor activities. She decided to use her skills and love for exercise to help others achieve a healthy and balanced lifestyle. Claudia creates a fun workout environment that her clients love to train in. Claudia's objective as a personal trainer is to encourage and assist as many people as possible to get in the best shape of their lives. She will support you every step of the way. Her

current certifications include: BCRPA Certified Personal Trainer, BCRPA Certified Group Fitness Instructor, BCRPA Certified Weight Trainer, Certified Zumba Instructor, and Certified as Cross-Fit Level 1 Trainer.

Taryn von Neissen



Taryn, 3 years new to the fitness industry, has been busy designing programs for a variety of demographics. Her profile of clients includes teenagers, adults, and those in their 'golden years.' Her experience as a Yoga and Pilates instructor has emphasized the importance of posture and form while finding the body's limits. She specializes in weight loss/body sculpting and

abdominal/posture training. Her current certifications include: BCRPA registered Personal Trainer, BCRPA registered Weight Room Instructor, BCRPA registered Group Fitness, BCRPA registered Yoga Instructor, Certified Pilates Mat Level 1 Instructor.