



How training with Custom Strength works

Your first session at Custom Strength training will be a 30 minute one-on-one assessment with one of our head trainers. During this session you will chat about goals and history, and the trainer will put you through the Functional Movement Screen (FMS)¹.

We use all of that information to create a training program for you. Much of the initial program will be the same for most clients (unless there's a major joint issue in which case there will be significant differences), with the rest being specific exercises to help improve your movement (this is particularly helpful for those who work at a computer all day!), or for your sport.

Semi-private training

After that, you start to train. All of our sessions are semi-private, which means that 2-4 people (usually 3) train with each trainer at a time. People tend to get the exercises pretty quickly, so we are able to coach a few people at the same time. It makes for a fun workout environment! And the added bonus is that it's less expensive.

Regular program updates

We change your program every 3-6 weeks, gradually progressing as you get stronger and move better. We rarely change every exercise in your program, but we will change a few each time, and may also change sets and repetitions.

“I want to go to there”

If you know you want to train with us for at least the next 6 months, then we will give you the initial assessment including FMS and custom program free of charge. Your training sessions will be \$40 each and last an hour (all prices are subject to HST).

You will be billed monthly for your training sessions, with the rate based on the number of weekly sessions reserved for you. You will be invoiced for the same amount and on the same date each month.

You are responsible for the timeslots that we have reserved for you. If you know you will be away, then it is up to you to make up the session sometime during the 2 weeks before or after your scheduled session, provided you give 24 hours notice, or if it was for an emergency.

This system tends to result in people missing fewer sessions, which is a good thing if you have health, fitness and performance goals! The other benefit is that it is based on a 4 week month, which means if you don't miss any sessions, you get 1 free week of training every 6 months. Note that it would be 2 free weeks, but the gym will be closed 2 weeks each year (1 week in the summer and 1 week in December).

“I'm not sure yet, can I try it out before I commit?”

¹ <http://functionalmovement.com/>



Absolutely! If you want to give us a try but aren't sure, then our \$180 introductory package is probably exactly what you want. It includes:

- The assessment (about 30 minutes, and includes the Functional Movement Screen)
- A custom training program created based on your goals and the result of the assessment
- 3 semi-private training sessions (60 minutes each).

After that, if you'd like to keep training with us, then we will sign you up for 6 months and continue your training. If you decide that it's not for you, then we wish you the best and hope that you find another option to continue training.

Where do I go? What do I bring?

All sessions are at 11 Fairmont Ave, commercial unit #3 (in Hintonburg).

Please bring a t-shirt, shorts or yoga pants, and some training shoes of some sort (running, tennis, cross trainers...). In the interest of keeping our facility as clean as possible, please make sure you bring indoor shoes for training. Please also bring a water bottle. We have a water cooler so you can fill it up at the gym. We do have bottled water available in case you forget your bottle, but we charge a \$2 environmental fee for them, which we donate to Ever Green, a non-profit environmental organization that funds school and park greening projects.

Questions? E-mail: coach@customstrength.com