



How to Register Online for Fitness Classes, Fitness Studio Sessions, and Indoor Cycling

1. Ensure your Oak Bay online account and login is set up and your birthdate is accurate. If you do not have an online account, Call Reception at 250-595-7946 to set one up.
2. Login with username and password at: oakbayrec.perfectmind.com
3. Click the **Schedule** Button near the top left of the screen.
4. Click **Fitness Studio Sessions** or **Group Fitness Classes** under the Fitness and Wellness menu.
5. Select date and the time slot/class you would like to attend and click **REGISTER**.

NOTE: All sessions are available for viewing online however, registration opens each week at 10:00am Monday for the following week. Register online and over the phone for the Fitness Studio Session time, Indoor Cycle and Total Body Training.

6. On the next screen, click **REGISTER** a 2nd time.
7. Select the person to register in the session and click **NEXT**.
8. Select your method of payment.
9. Follow instructions on screen and complete registration.
10. Registrants should not arrive earlier than five minutes before their session start time. Please line up in near the cubbies in the Fitness Studio at Oak Bay Recreation Centre or outside the Gymnasium at Henderson Recreation Centre. The instructor or Gym attendant will check-in each participant prior to entering the designated fitness area.

NOTE: Payment is required at the time of registration.

Personal Training

Personal training is an excellent way to improve your overall fitness and quality of life! A registered personal trainer will work with you one-on-one to design a specialized workout program specific to your needs and fitness goals.

Why would you choose a Personal Trainer?

- Lack motivation and need accountability to stick to your workouts.
- Never worked out before or new to the fitness studio and don't know where to begin.
- Prevent injuries and musculoskeletal imbalances.
- Would like to increase your strength or lose weight.
- Feel like you've hit a plateau and aren't seeing improvements anymore.
- Lack creativity and feel bored with your regular routine.
- Training for something specific, like a race, sport or employment test.

Steps to booking Personal Training or Active Rehabilitation:

1. Pick up a Personal Training or Active Rehab package (from a gym attendant or Reception) or download the forms from our website: www.oakbay.ca/parks-recreation/programs-registration/personal-training
2. You can also read our Personal Trainer Bios online to help you choose who you would like to work with: www.oakbay.ca/parks-recreation/contact-us/staff-directory/personal-trainers
3. Complete the forms and choose how many sessions you would like to book.
4. Bring the completed forms to Reception with payment for your sessions. Tax not included in price.
5. You will be contacted within 48 hours to set up your first session.

For more information call the Fitness Programmer at 250-370-7117.

PERSONAL TRAINING OPTIONS

\$65 per Session

\$130 for 2 Sessions

\$293 for 5 Sessions

\$520 for 10 Sessions