

PERSONAL TRAINING

FAQs

What can I expect from a RooFit personal training session?

A workout specifically designed by an experienced trainer to meet your fitness goals. Please arrive on time to meet the trainer at the Welcome Desk.

Bring a water bottle, sweat towel and dress appropriately for your workout. Don't be afraid to ask your trainer questions leading up to your session.

Will everyone at the gym be watching me during my training?

You can tell your trainer you prefer to train in a studio space privately. However, if training around other people motivates you, we can accommodate that as well. It's all up to you! Besides, most people are only paying attention to themselves. ;)

I am differently abled. Can I still train?

Absolutely! Personal training is specially designed for you by a professional. Just make sure to specify your needs in your Health Intake Form and over email if you like so your trainer can plan ahead.

