



## Top five reasons to use a personal trainer

### 1. Motivation

Trainers wear many hats, serving not only as a coach, but also as an educator, confidant, role model, and a major source of motivation.

### 2. Consistency

Do you find it difficult to stick to your program? Scheduling regular appointments with a trainer helps eliminate excuses for not exercising.

### 3. Individualized Instruction

An exercise program that works for one person may not work for another. A trainer develops the most effective program for you based on your assessment results and goals.

### 4. Effective Workouts

Trainers help maximize your time by providing workouts designed to meet your goals quickly and efficiently.

### 5. Safety

A trainer shows you how to exercise safely (including exercises to avoid) and instructs you on the proper and safe execution of a variety of exercises. They observe, assist, and correct as needed.

## Important Information

- All Personal Training services are provided by nationally certified Personal Trainers.
- Payment and Client Registration Packet must be completed and received prior to participation in any sessions.
- Sessions must be rescheduled 24 hours in advance or client will be charged for the session.
- Refer to the Client Registration Packet for all information and policies.

## Personal training services are available at these Recreation Centers:

### Buck Recreation Center

2004 W. Powers Ave.  
303.730.4610

Contact: SHansen@ssprd.org

### Goodson Recreation Center

6315 S. University Blvd.  
303.483.7089

Contact: SherianT@ssprd.org

### Lone Tree Recreation Center

10249 Ridgeway Cir.  
303.708.3514

Contact: JRatner@ssprd.org

### Sheridan Recreation Center

3325 W. Oxford Ave.  
303.730.4610

Contact: SHansen@ssprd.org

[ssprd.org](http://ssprd.org)

Email us to get started!

# PERSONAL TRAINING





## 60 Minute Individual Personal Training (Ages 10-Adult)\*

1 Session	\$50R / \$60NR
3 Sessions	\$141R / \$171NR
5 Sessions	\$225R / \$275NR
10 Sessions	\$430R / \$530NR

*\*Youth (10-17) receive a 10% discount on packages of 3, 5 and 10 hour sessions for individual personal training. No youth discount for single sessions, group training or 30 minute personal training.*

## 60 Minute Group Personal Training (2-4 People)

1 Session	\$64R / \$75NR
3 Sessions	\$183R / \$216NR
5 Sessions	\$295R / \$350NR
10 Sessions	\$570R / \$680NR

## 30 Minute Individual Personal Training\*

3 Sessions	\$99R / \$114NR
5 Sessions	\$150R / \$175NR
10 Sessions	\$270R / \$320NR

*\*New 30 minute clients are required to complete a single 60 minute session at \$50R / \$60NR for their initial session, then will purchase a 30 minute package. 30 minute personal training is not available for groups.*



## Specialty Training

### Private Pilates Reformer/Mat Sessions

Improve posture, body alignment, core stability, strength, and flexibility through personalized Pilates instruction.

Equipment includes:

Reformer, fit balls, stability discs, foam rollers, jump board, flex rings, reformer boxes and dowels.

### 60 Minute Individual Pilates Reformer Training (Ages 16-Adult)

1 Session	\$55R / \$66NR
3 Sessions	\$156R / \$189NR
5 Sessions	\$250R / \$305NR
10 Sessions	\$480R / \$590NR

### Private Group Pilates Reformer Training (2-4 People)

1 Session	\$73R / \$85NR
3 Sessions	\$210R / \$246NR
5 Sessions	\$340R / \$400NR
10 Sessions	\$660R / \$780NR

### Private Yoga and Tai Chi Sessions

Enhance your Yoga or Tai Chi practice with private sessions with our experienced, certified instructors. Packages and pricing are the same as Individual and Group Personal Training.

## Also Available

### 60 Minute Physical Therapy Sessions

Physical Therapist Doug Geistert MPT has over 25 years of experience as a physical therapist.

1 Session	\$75R / \$85NR
3 Sessions	\$210R / \$240NR

Contact SherianT@ssprd.org to schedule physical therapy.

### Personal Equipment Orientation

Private 60 minute session includes orientation and set up on a variety of cardiovascular and weight machines in the cardio/weight room. Free group equipment orientations are also offered monthly. Check online for schedule and registration.

\$28R / \$33NR



*All personal training and Pilates Reformer training sessions (individual and groups) are 60 minutes, except 30 minute personal training for individuals.*