



## Resting Metabolic Rate (RMR) Testing

Introducing Resting Metabolic Rate (RMR) Testing at South Suburban! The MetaCheck® RMR machine is a metabolic analyzer that provides an accurate, professional metabolic rate measurement. Measuring a person's metabolic rate allows an effective weight loss plan to be constructed based on individual caloric needs. In the past, these measurements were generally only available at hospitals.

Fee:  
\$50R / \$55NR

ACTIVE Personal training clients  
receive a discounted rate:  
\$40R / \$45NR

*Contact the facility fitness coordinator to schedule.*

## 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.  
303.483.7079

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**

**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

### Physical Therapy & Dry Needling Services

Physical Therapist Michelle Stauffer PT, DPT, NBC-HWC uses a whole body, holistic approach emphasizing education and understanding, to allow you full return to your life. 60 minute physical therapy sessions and myofascial dry needling services are available for pain relief, improved mobility, and increased quality of life.

Contact SherianT@ssprd.org for more information.



### 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.*