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 show s 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 session will be forfeited.

- 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

Goodson Recreation Center
6315 S. University Blvd. • 303.483.7089

Lone Tree Recreation Center
10249 Ridgegate Cir. • 303.708.3514

Sheridan Recreation Center
3325 W. Oxford Ave. • 303.730.4610

ssprd.org

PERSONAL TRAINING

SOUTH SUBURBAN
PARKS & RECREATION

Individual Personal Training

	Adult	Youth (10-17)
1 Session	R/NR: $47/$57	R/NR: $43/$52
3 Sessions	R/NR: $132/$165	R/NR: $120/$141
5 Sessions	R/NR: $210/$265	R/NR: $190/$225
10 Sessions	R/NR: $400/$510	R/NR: $360/$430

Group Personal Training

(Ages 10-Adult)
Groups of 2-4 people work with a personal trainer towards individual and combined group goals.

1 Session	R/NR: $61/$72
3 Sessions	R/NR: $174/$207
5 Sessions	R/NR: $280/$335
10 Sessions	R/NR: $540/$650

Express Personal Training

(Ages 10-Adult)
30 minute personal training sessions for individuals.
Starter Pack*   R/NR: $128/$154
*1 hour initial session and 3 30 minute sessions
* Starter pack required for all new 30 minute clients.

5 Sessions	R/NR: $140/$165
10 Sessions	R/NR: $250/$300

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 and flex rings.

Private Pilates Reformer Training

(Ages 16-Adult)

1 Session	R/NR: $52/$63
3 Sessions	R/NR: $147/$180
5 Sessions	R/NR: $235/$290

Group Pilates Reformer Training

(Ages 16-Adult)
Groups of 2-4 people work with a Pilates instructor towards individual and combined group goals.

1 Session	R/NR: $70/$82
3 Sessions	R/NR: $201/$237
5 Sessions	R/NR: $325/$385
10 Sessions	R/NR: $630/$750

Private Yoga and Tai Chi Sessions

Enhance your Yoga or Tai Chi practice with private sessions with our highly trained and certified instructors. *Packages and pricing are the same as Personal Training.*

ALSO AVAILABLE...

Physical Therapy

Physical Therapist Doug Geistert MPT has over 25 years experience as a physical therapist.
1 Session   R/NR: $75/$85
3 Sessions R/NR: $210/$240
Contact TMorrison@ssprd.org to schedule physical therapy.

Personal Equipment Orientation

Private session includes orientation and set-up on a variety of cardiovascular and weight machines. Free group equipment orientations are also offered monthly. Check online for schedule and registration.
R/NR: $25/$30

All training sessions are 60 minutes, except express personal training, which is 30 minutes.

Email to get started:

SMusunuru@ssprd.org at Buck and Sheridan Recreation Centers
JRatner@ssprd.org at Lone Tree Recreation Center
TMorrison@ssprd.org at Goodson Recreation Center