



PERSONAL TRAINING

Our nationally accredited trainers will challenge, motivate and work to maximize your exercise regimen to get the results you desire.

INTRODUCTION TO HRCA PRIVATE OR SEMI-PRIVATE PERSONAL TRAINING PROGRAM \$125 PACKAGE*

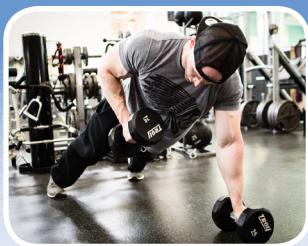
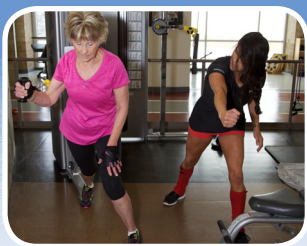
This package is only available to new private or semi-private clients of the HRCA Personal Training Program. Clients receive three, one-hour sessions. The session is used to complete a full fitness assessment which is required for all new clients. Remaining two sessions are used for personal training sessions.

** Can be used for up to two people.*

HOW TO GET STARTED:

- Visit www.HRCAonline.org/requesttrainer to fill out the Request A Trainer form.
- Upon submission of the Request a Trainer form, you will receive an email with all new client documents, pricing information, and policies and procedures for the personal training program. Documents should be returned to the Fitness Coordinator at dru.connolly@hrcaonline.org. After review, the new client packet is sent to our Personal Training staff to be in contact for scheduling.
- *Please wait to purchase your session package until you've confirmed the first scheduled session with your trainer as all packages expire 90 days from the date of purchase.*





PRIVATE PERSONAL TRAINING PACKAGES

**Private session packages may be shared with members of the same household, but must train individually. Sessions must be used within three months from date of purchase. Prices listed reflect member/non-member rates.*

PRIVATE PERSONAL TRAINING SESSION PACKAGES

**Private session packages may be shared with members of the same household, but must train individually. Sessions must be used within three months from date of purchase. Prices listed reflect member/non-member rates.*

3 / one-hour sessions	\$165/\$177 (\$55/\$59 per session)
6 / one-hour sessions	\$300/\$324 (\$50/\$54 per session)
12 / one-hour sessions	\$528/\$552 (\$44/\$46 per session)

SENIOR RATE (AGES 55+)

3 / one-hour sessions	\$147/\$159 (\$49/\$53 per session)
6 / one-hour sessions	\$264/\$282 (\$44/\$47 per session)
12 / one-hour sessions	\$492/\$516 (\$41/\$43 per session)

PERSONAL EQUIPMENT ORIENTATION

A comprehensive review of all the weight and cardio-vascular machines at the facility of your choice with a certified personal trainer. This is a great opportunity to find proper seat setting, starting resistance, and correct form and technique for operation of all equipment. To schedule, please contact the Fitness Coordinator at dru.connolly@hrcaonline.org

30-minute session \$25

BODY COMPOSITION ASSESSMENTS

What are you made of? This fast and accurate bioelectrical impedance body composition analyzer will show you your body fat percentage, basal metabolic rate, segmented muscle balance, body composition, and much more. This is a useful tool for establishing a workout and nutrition plan based on what you're made of! Appointments are 30 minutes in length and your results are accurate, personalized and reflect your unique body composition.

Price \$30/\$33 For appointments, please contact dru.connolly@hrcaonline.org.

Payment is made to the HRCA at the time appointment is booked.



For more information, call the Fitness Coordinator at 303-471-7044 or email dru.connolly@hrcaonline.org.