



HIGHLANDS RANCH
COMMUNITY ASSOCIATION

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 PERSONAL TRAINING PROGRAM PACKAGE

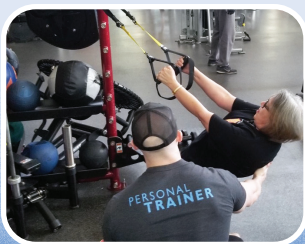
\$148/\$163 (AGES 13-54)

\$118/\$130 (AGES 55+)

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

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 specialist at katie.ireland@hrcaonline.org. After review, the new client packet is sent to our Personal Training staff to be in contact for scheduling.



www.HRCAonline.org/Fitness

PRIVATE PERSONAL TRAINING PACKAGES

**Packages cannot be shared within households. 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. 3 session package expires 60 days after purchase, 6 session package expires 120 days after purchase, & 12 session package expires 180 days after purchase. Prices listed reflect member/non-member rates.*

3 / one-hour sessions	\$174/\$192 (\$58/\$64 per session)
6 / one-hour sessions	\$330/\$366 (\$55/\$61 per session)
12 / one-hour sessions	\$624/\$684 (\$52/\$57 per session)

SENIOR RATE (AGES 55+)

3 / one-hour sessions	\$153/\$171 (\$52/\$57 per session)
6 / one-hour sessions	\$294/\$324 (\$49/\$54 per session)
12 / one-hour sessions	\$564/\$624 (\$47/\$52 per session)

SMALL GROUP TRAINING:

Grab a friend or a few and help each other stay accountable to reach your fitness goals! Small groups of 2 to 4 people will be set up with a personal trainer to do small group training sessions. Sessions are paid for the day of. Prices listed reflect member/non-member rates.

2 people / one-hour session	\$40/\$50 per person
3 people / one-hour session	\$30/\$40 per person
4 people / one-hour session	\$20/\$30 per person

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 specialist at katie.ireland@hrcaonline.org

30-minute session	\$30
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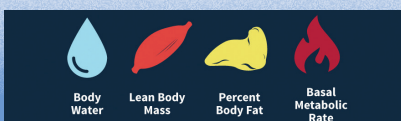
BODY COMPOSITION ASSESSMENTS

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.

Non-Personal Training clients: \$30/\$33

Personal Training clients: \$15

For appointments, please contact katie.ireland@hrcaonline.org. Payment is made to the HRCA at the time appointment is booked.



For more information, call the fitness specialist at 303-471-8916 or email katie.ireland@hrcaonline.org.