



**GLENDALE
SPORTS CENTER**
AT INFINITY PARK™

fitness assessments & personal training

FITNESS ASSESSMENTS

Equipment orientations, fitness evaluations and body composition are all included in your Glendale Sports Center membership.

Body-composition analysis: The body is composed of lean body mass and fat. Body fat, not weight, is the most accurate indicator of fitness and health. This assessment will help you to determine your body composition.

Equipment orientations: Weight room orientations are designed to familiarize you with the various types of strength and cardiovascular equipment for your use. (For your safety and to ensure proper use of the equipment, orientations are recommended before using the Fitness Center.)

Mini fitness evaluations: Want to know your current level of fitness in a short amount of time? This evaluation includes resting heart rate, blood pressure, body composition, strength, flexibility and heart-rate recovery.

PERSONAL TRAINING

Certified Personal Trainers provide individualized physical conditioning programs based on your needs and goals. Varying session lengths are available; we offer 30 minute express and one hour sessions. Sessions are by appointment only. Please give 24-hour notice on any cancellations. Sessions expire 6 months from date of purchase and are non-transferable.

ONE-ON-ONE PACKAGES

30 minute express packages

4 sessions: \$116
8 sessions: \$220
16 sessions: \$430

1 hour packages

1 session: \$58
4 sessions: \$220
8 sessions: \$430
12 sessions: \$635

BUDDY PACKAGES

1 hour packages, with a buddy

1 session: \$85
4 sessions: \$325

