Certified Personal Trainers provide individualized wellness programs based on your needs and goals.

Varying session lengths are available and our trainers will work with your schedule.

Sessions are by appointment only and can be purchased at the front desk.

All sessions expire 6 months from the date of purchase and are non-transferable.

4500 E Kentucky Ave., Glendale, CO 80246 | 303.639.4711 | www.SportsCenterGlendale.com

ONE-ON-ONE PACKAGES

60 minute packages
1 session: $62
4 sessions: $228
8 sessions: $446
12 sessions: $632

30 minute packages
4 sessions: $136
8 sessions: $245
12 sessions: $347

BUDDY PACKAGES

Training for 2 people together. Must have buddy/training partner to register.

1 hour packages. Pricing per individual.
1 session: $50
4 sessions: $184
8 sessions: $357
12 sessions: $506
KNOW YOUR FIT

REAL NUMBERS LEAD TO REAL RESULTS

We can measure and assess your fitness level – and show you just what you need to do to improve! Ask about these professional fitness services.

We believe in fresh starts. We believe in you. Ask about any of these services at the front desk.

BEYOND THE SCALE
skinfold caliper body composition
This clinical method measures seven sites on your body so you know what's fat and what's muscle.
30 minutes: $20

DISCOVER YOUR STARTING POINT
total fitness assessment
These six tests help you understand your current fitness level. Tests include: Resting heart rate, blood pressure, flexibility, Skinfold Caliper Body Composition, cardio endurance and muscular strength/endurance.
60 minutes: $45

REACH YOUR GOALS
personal program package
Ideal for people who want results but may not be ready for a personal trainer, this package includes a Total Fitness Assessment, personally designed four-week exercise program, and 30-minute coaching session.
90 minutes: $99