

Personal Training GETS RESULTS

Learn what your body
needs and how it reacts
to effective exercise.

Our Goals

Our nationally certified trainers want
you to succeed and are dedicated to
helping you reach your potential.

Reach and maintain a healthy weight | Improve overall fitness
Develop healthy lifelong habits | Enhance sports performance
Improve balance and strength | Maximize workouts and
minimize time | Prevent injury | Get lasting results

Our Options

Choose 30-Minute power
sessions or by the hour.

30-Minute Sessions

1 session	\$38
6 sessions	\$190
10 sessions	\$300

60-Minute Sessions

1 hour	\$55
3 hours	\$150
5 hours	\$240

Sessions must be used within 1 year of purchase date.

Intro to Personal Training Package

If you are new to training or have not trained in over one year, this is a great place to start! Our trainers will work to inspire and encourage you to develop healthy habits and effective workouts. Package includes one hour and two 30-Minute sessions. Valid for one package per person. **3 sessions: \$110**

TRAINER | COACH BIOS lovgov.org/personaltrainers
QUESTIONS 970.962.2453



City of
LOVELAND
PARKS & RECREATION

CHILSON
Recreation & Senior Center
700 E. Fourth St. • lovgov.org/chilson