

# 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](http://lovgov.org/personaltrainers)  
**QUESTIONS** 970.962.2453



City of  
**LOVELAND**  
PARKS & RECREATION

**CHILSON**  
Recreation & Senior Center  
700 E. Fourth St. • [lovgov.org/chilson](http://lovgov.org/chilson)

# LED Light Therapy

## Treatments at Chilson

Why LED Light Therapy? The LightStim LED Therapy Bed is FDA Cleared for the temporary relief of minor muscle pain, minor joint pain and stiffness, minor arthritic pain or muscle spasms. It is a soothing and gentle treatment that leaves you feeling rejuvenated as it increases blood circulation, decreases exercise-induced muscle soreness and fatigue, decreases inflammation, enhances the immune system and supports a proactive approach to health and well-being.

## Make an Appointment

Visit the Chilson front desk or book online: [lovgov.org/webtrac](http://lovgov.org/webtrac)

## Trainers | Coaches

Trainers provide consistency, discipline and a whole lot of motivation! Schedule your package with a personal trainer/nutrition coach today. [lovgov.org/personaltrainers](http://lovgov.org/personaltrainers)

## Our Facility

### Our state-of-the-art fitness, aquatics and sports facility:

- 8-lane lap pool & leisure pool
- Hot tubs and steam room
- Free-weight center
- Cardio fitness machines
- Complete circuit equipment
- Indoor fitness track
- LED Light Therapy
- Indoor group cycling studio
- Fitness and aqua classes
- Racquetball courts
- Gymnasiums
- Gymnastics studio
- Drop-in childcare
- Conference/event facilities

