



PERSONAL TRAINING GETS RESULTS

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 2026 Options

Choose 30-Minute power sessions or by the hour.

30-Minute Sessions

1 session	\$38
5 sessions	\$170
10 sessions	\$300

60-Minute Sessions

1 hour	\$55	NEW
5 hours	\$240	SPECIAL!
10 hours	\$460	←

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: \$120**

TRAINER | COACH BIOS lovgov.org/FitnessWellness
QUESTIONS 970.962.2452



City of
LOVELAND
Parks & Recreation **CHILSON**
Recreation & Senior Center
700 E. Fourth St. • lovgov.org/Chilson

Small Group Training (45-Min)

NEW! Small group training is the perfect blend of personal coaching and group motivation with your favorite people. Get expert guidance, customized workouts and a FUN, supportive environment to stay inspired and on track.

Please contact Katie Hayes with questions, 970.962.2452.

Age: 16+

Choose your people and sign up as a group. Each person must purchase a package and sign in for each session.

2 People		3 People	
1 session	\$30/person	1 session	\$25/person
5 sessions	\$150/person	5 sessions	\$125/person
10 sessions	\$300/person	10 sessions	\$250/person

Trainers | Coaches

Learn what your body needs and how it reacts to effective exercise. Trainers provide consistency, discipline and a whole lot of motivation! Schedule your package with a personal trainer/nutrition coach today. lovgov.org/FitnessWellness

Styku Body Composition Scale

COMING SOON! Measure muscle mass, visceral fat and postural analysis with unrivaled precision using infrared sensors to capture a 360-degree 3D image of your body in seconds. **Contact Katie Hayes for info, 970.962.2452.**

Our Facility

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

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

workhardfeelgood ↗

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