

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

Our Options

Choose 30-Minute Power Sessions or By the Hour

30-Minute Power Sessions

Perfect for any goal, effective and accommodates your busy schedule

1 session	\$32
6 sessions	\$165
10 sessions	\$245

By the Hour

A focused workout that keeps you active and motivated

1 hour	\$50
3 hours	\$145
5 hours	\$215

Read about our personal trainers: cityofloveland.org/personaltrainers or call 970.962.2630 for more information.



700 E. Fourth St. | 970.962.2FUN
cityofloveland.org/chilson



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Our Facility

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

- 8-lane lap pool and leisure pool
- Hot tubs and steam room
- Free-weight center
- Cardio fitness machines
- Complete circuit equipment
- Indoor fitness track
- Group indoor cycling studio
- Fitness and aqua aerobics classes
- Racquetball courts
- Gymsnasiums
- Gymnastics center
- Drop-in childcare

Our Classes

Enjoy over 70 drop-in fitness classes
cityofloveland.org/fitnesswellness

Strength Training & Cardio

Yoga, Pilates, PiYo, Power Toning, Core Strength, Group Cycling, Zumba®, Step, Barre

Aqua Fitness

River Walking, Deep Water, Aqua Core + many more!

Specialty Classes (extra fee)

TRX Training, HIIT, Cross-HIIT

Our Fees

Fees include use of the facility as well as drop-in fitness classes, swimming pools and gyms. Fees are per age.

Call 970.962.2FUN for details on the daily fee, 10-visit pass, 6-month or 1-year pass.



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