

Personal Training

The Community Recreation Center's degreed and/or certified personal trainers have the experience and tools to motivate and challenge you to reach all your goals and break through plateaus. Whether your goals are weight loss, sports conditioning, or just plain aesthetics, your trainer will deliver first class knowledge and creativity to make exercising fun and efficient. Our trainers have worked with all fitness levels from the novice exerciser to the elite athlete. **All sessions below are 45-minutes in duration. Trainer levels are based on experience and education. For example, a Level 4 Trainer would have more experience and education than a Level 1 Trainer.**

4 Sessions Trainer Level	Member	Non-Member Resident	Non-Member Non-Resident
Level 1	\$180	\$200	\$220
Level 2	\$200	\$220	\$240
Level 3	\$220	\$240	\$260
Level 4	\$240	\$260	\$280
Master	\$260-\$280	\$280-\$300	\$300-\$320

***8 Sessions, 12 Sessions and Semi-Private Personal Training Sessions are also available. Please inquire at the Community Recreation Center for rates.



Nutrition Counseling

Nutrition Counseling is service in which a registered dietitian will work with an individual on a one-to-one basis to assess his/her usual dietary intake and identify areas where change is needed. The nutrition counselor provides information, educational materials, support, and follow-up to help each individual make and maintain the needed dietary changes.

Nutrition counselors may assess an individual's body weight by comparing his or her weight to various weight-for-height tables. However, this guide does not take into account a person's frame size. Body mass index, or BMI, is another indicator used to assess body weight. BMI is calculated as weight in kilograms divided by height in meters squared. A BMI of 20 to 25 is considered normal weight, a BMI of less than 20 is considered underweight, and a BMI of greater than 25 is considered overweight. This method does not take into account for weight attributed by lean muscle mass.

The nutrition counselor and client set behavior-oriented goals together. Goals should focus on the behaviors needed to achieve the desired dietary change, not on an absolute value, such as achieving a certain body weight. Once the goals have been identified, the client and nutrition counselor think through potential problems that may arise. For example, changing eating behaviors may mean involving others, purchasing different foods, planning ahead for social events, or bringing special foods to work. Such changes would help prevent weight gain while placing the emphasis on needed behaviors rather than on actual weight.

FEE

	Member	Non-Member Resident	Non-Member Non-Resident
Initial Session (1 hour)	\$45	\$55	\$65
Follow-up Session (30 min.)	\$25	\$35	\$45

***Nutrition Packages are also available. Please inquire at the Community Recreation Center for rates.