

Personal Training at the Castle Rock Recreation Center

The Town of Castle Rock staffs a team of nationally-certified and experienced personal trainers. They are here to help you successfully and safely reach your fitness goals. Each has extensive knowledge in many areas of fitness and is an expert in providing clients with individualized and effective workout programs.

Private Personal Training

Personal training can help you achieve your goals regardless of your age or fitness level. A trainer will design a program to meet your individual needs.

This one-hour session will be tailored to your specific goals. Ages 12 and up.

- **Individual Session:** \$40 (\$50 nonresident)
- **Six Sessions:** \$220 (\$275 nonresident)
- **10 Sessions:** \$360 (\$450 nonresident)

Buddy Personal Training

Buddy training allows you and a friend to work together towards your fitness goals. This one-hour session will be tailored to your specific goals. Prices listed are per group. Ages 12 and up.

- **Individual Session:** \$55 (\$69 nonresident)
- **Six Sessions:** \$302 (\$396 nonresident)
- **10 Sessions:** \$496 (\$648 nonresident)

30-Minute Power Sessions

Whatever your goal, this quick session will support your busy schedule and accommodate your need for results. These half hour sessions are tailored to your specific goals. Ages 12 and up.

- **Individual Session:** \$25 (\$30 nonresident)
- **Six Sessions:** \$137 (\$165 nonresident)
- **10 Sessions:** \$225 (\$270 nonresident)

Questions?

Please contact Courtney Glass,
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of Castle Rock

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