



GLENDALE SPORTS CENTER  
AT INFINITY PARK

## Health & Fitness Classes

Let us help you get started. Our goal is to help you **SUCCEED** with your fitness plan!

### FREE Member Services to help you get started:

- Equipment Orientations
- Mini Fitness Evaluations
- Body Composition Analysis
- Blood Pressure Checks

*Make an appointment with the Front Desk staff for any of these services!*

### Equipment Orientations

Weight room orientations are designed to familiarize you with the various types of strength and cardiovascular equipment available for your use. Orientations are led by YMCA certified staff, and for your convenience we have both group and individual orientations. For your safety and to ensure proper use of the equipment, orientations are recommended before using the Fitness Center.

### Mini Fitness Evaluations

Want to know your current level of fitness in a short amount of time? Stop by the front desk and sign up for a free fitness evaluation. This evaluation includes Resting Heart Rate, Blood Pressure, Body Composition, Strength, Flexibility and Heart Rate Recovery.

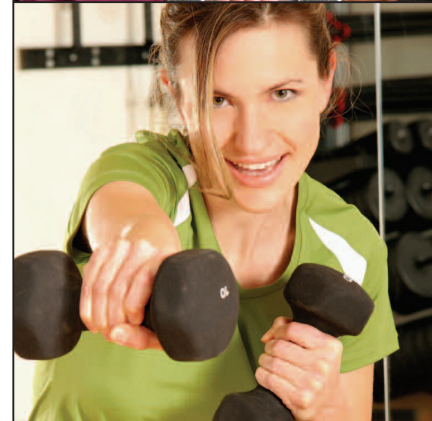
### Body Composition Analysis

The body is composed of lean body mass and fat. Body fat, not weight is the most accurate indicator of fitness and health. This assessment will help you to determine what your body composition is.

### Personal Training

Work with a certified Personal Trainer on a one-on-one basis. The trainer will provide individualized physical conditioning programs based on your needs and goals. Sessions are one hour each, by appointment only. Please give 24 hour notice on any cancellation. NOTE: Sessions expire 6 months from date of purchase and are non-transferable. MEMBERS ONLY.

<b>1-Private 1 hour session</b>	<b>\$55.00</b>
<b>4-Private 1 hour sessions</b>	<b>\$215.00</b>
<b>8-Private 1 hour sessions</b>	<b>\$425.00</b>
<b>12-Private 1 hour sessions</b>	<b>\$635.00</b>



Managed By The YMCA Of Metropolitan Denver