

look good feel good
get into shape

Benefits of Personal Training

- Specific Goal Setting
- New Ideas for Old Routines
- Targeted Exercise Routines
- Guidance and Motivation
- Improved Exercise Adherence
- Improved Self-Image
- Decreased Body Fat
- Improved Health and Fitness Levels

Personalized Programs

- Weight Loss or Gain
- General Fitness Conditioning
- Exercise Rehabilitation of Injuries
- Sports Specific Training
- Muscular Endurance, Strength and Toning

All Healthbreak Personal Trainers are **CERTIFIED** by a national organization and/or have a **DEGREE** in Exercise Science.

303.866.2213

Our Mission:

"We are committed to providing quality health promotion programs in order to develop a healthier, more productive workforce."



State Employee Wellness Center
1570 Grant Street, Lower Level
Denver, CO 80203

303.866.2213
statewellness@healthbreakinc.com

www.healthbreakinc.com

**State Employee
Wellness Center**

**Personal and
Partner Training**

one on one attention
= RESULTS



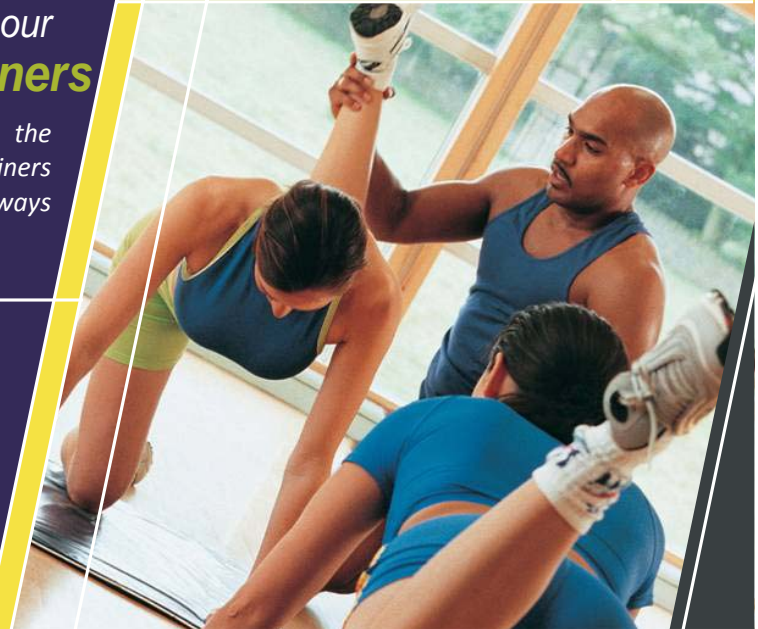
are you ready to look and
feel your **BEST**
the time is always right

"As a long time member of Healthbreak, the availability of on-site personal training stands out as a premier benefit. The Healthbreak staff developed a customized personal training program based on my age, health conditions, and personal goals. With the coaching and encouragement of my personal trainer, I've managed to maintain a regular routine of exercise."
- client since 2000

reach your potential with our **Personal Trainers**

"The workout routines that the Healthbreak personal trainers create for me are always challenging, yet achievable."
- client since 2003

"Having a Healthbreak personal trainer is the best thing I have ever done to my overall physical health! Within 2 1/2 months, I went from 198lbs to 168lbs, a total of 30lbs lost. I am now 41 years old...and I feel like I am a 25 year old again!"
- client since 2009



just need a new **workout routine**

We will create an individualized workout plan to match your health and fitness goals. After your plan is designed, you will meet with your trainer for up to 1 hour to go through your new routine.

Cost: \$55

Personal Training Packages

Wellness Center Member Pricing

All first-time packages include an initial goal-setting consultation, two fitness assessments, and a personalized cardiovascular, strength training and flexibility program. Sessions may also focus on improving exercise adherence, weight management, body image, self-confidence and overall health.

one-on-one training sessions

30-minute sessions	45-minute sessions	1 hour sessions
5 sessions—\$122	5 sessions—\$166	5 sessions—\$220
10 sessions—\$238	10 sessions—\$323	10 sessions—\$428
15 sessions—\$347	15 sessions—\$472	15 sessions—\$625

partner training sessions price split between training partners

30-minute sessions	45-minute sessions	1 hour sessions
5 sessions—\$213	5 sessions—\$283	5 sessions—\$374
10 sessions—\$425	10 sessions—\$550	10 sessions—\$728
15 sessions—\$638	15 sessions—\$803	15 sessions—\$1063

***Groups of 3-4 people ask for pricing.**

We also provide in-home personal training. Ask for a complete price list.