

# Personal Training Program

## Pre-Consultation Checklist and Program FAQs

*Welcome to the Personal Training Program with Denver Parks and Recreation! We are excited to be a part of your health and wellness team. The following will help prepare you for your meeting with one of our certified personal trainers, as well as answer some general questions on policy and expectations.*

### Initial Consultation – What to Expect:

- The initial consultation is included with the purchase of a training package and does not count as one of your sessions. It provides you and your trainer a time to meet and have a conversation about your lifestyle, goals, and expectations, as well as observe your body mechanics.
- Please fill out the **PAR-Q+** and the **Lifestyle Questionnaire** and return them to your trainer by email or by bringing them to the recreation center prior to your initial consultation.
  - Based on PAR-Q+, a **Medical Clearance Form** may be needed, please reach out to your trainer if so.
- Please bring a water bottle, wear comfortable athletic clothing and shoes for movement and exercises, and do not eat a large meal, exercise, smoke, or drink alcohol at least 2 hours prior to the appointment.
- You will determine your following training schedule when you meet with your Personal Trainer.

### General FAQs & Expectations

- Personal Training Membership Packages are as follows:
  - 1 Session - \$45 | 3 Sessions - \$115 | 5 Sessions - \$165 | 10 Sessions - \$320
  - Duo Training Sessions (2-3 people) - \$20/person (Available in 1, 3, & 5 packs)
- All packages have expirations based on the date of purchase as follows:
  - 1, 3, 5, and all Duo session packs: 90 days | 10 session pack: 120 days
- Cancellations require at least 24-hour notice to the trainer. For 1, 3, & 5-packs, we allow 1 cancellation within the 24 hours window before the client is charged a full session. For a 10-pack, we allow 2 late cancellations before the full session fee. No-shows are considered late cancellations.
- Clients must check in with the front desk to let staff know they have a training session with a personal trainer. The staff will print a receipt to give the trainer as a means of tracking session count.
- Personal training clients are held to the Denver Parks and Recreation Code of Conduct just as all other patrons within the recreation center. All patrons and clients are given equal priority for equipment, etc.
- If you have questions or feedback, please reach out to [fitness.recreation@denvergov.org](mailto:fitness.recreation@denvergov.org)

**Thank you for being a valuable part of Denver Parks and Recreation!**