



MISSION STATEMENT

Sēb's Recreation Center

(SRC) is dedicated to empowering individuals with special needs and unique challenges through Community Outreach, Health and Wellness, Recreation and Education that promote learning opportunities designed to strengthen and develop lives.

LOCATION, CONTACT INFORMATION & HOURS

Sēb's Recreation Center

1710 S. Buckley Rd. Unit 9
Aurora, CO 80017

(303)353- 9822

www.sebsrec.org

Find us on Facebook:
Seb's Recreation Center

Mon – Fri: 8 am to 8 pm
Sat: 8 am to 5 pm
Sun: 11 am to 5 pm

Providing services for all, catering to individuals with special needs, their families, friends, and caregivers.

Personal Training for Individual & Groups

Orientation:

SRC offers personal training for individuals and/or groups up to 4 people. All individuals must take the 90-minute orientation. Orientation may be done in a group; however, each individual will be assigned his or her own fitness plan. The orientation consists of a personal questionnaire, a physical activity readiness questionnaire and a fitness assessment test. You will also have a basic workout with a warm-up, followed by assessing your flexibility, range of motion, cardio and balance and closing with a cooldown. The orientation will end with a basic workout plan that can be used as a guideline toward your fitness goal.

Personal Training for Individuals:

After completing your orientation, you are now ready for your 60-minute personal workout. You and your personal trainer will be doing a variety of exercises that will be catered to your health and fitness goals. You will be using free weights, machine weights, cardio machines, body weight and other fitness equipment. All sessions will start with a warm-up and end with a cool-down. All exercises will be explained, performed and observed to make sure proper form is used.

Group Training:

Group training is one of the best ways to hold you and your partner accountable to reach your fitness goals regardless of your level. In this 60-minute workout session, you and your partner will learn different stretches and exercises that are designed for two people. Each person will do a series of exercises along with group exercises. You will be using free weights, machine weights, cardio machines, body weight and other fitness equipment. All sessions will start with a warm-up and end with a cool-down. All exercises will be explained, performed and observed to make sure proper form is used.

Pricing

Orientation

Individual	\$40.00 p/p
Group	\$35.00 p/p

Individual:	1 hr. Training	\$35.00
	3 hr. Training	\$90.00
	5 hr. Training	\$140.00
	6 hr. Training	\$165.00

Group:	1 hr. Session	\$25.00 p/p
	3 hr. Session	\$65.00 p/p
	5 hr. Session	\$100.00 p/p
	6 hr. Session	\$120.00 p/p

SRC is designated as a 501(c)(3) private, non-profit, tax-exempt organization established in accordance with the United States Internal Revenue code [26 U.S.C. 501 (c)].