

# Harrisonville Parks & Recreation

## Why Personal Training?

### If you train with us you will...

- Get a personalized workout program to help you reach your fitness goals
- Gain a new perspective on Health, Nutrition and Fitness
- Receive accountability and motivation from our trainers
- Be given constant non-judgmental support
- Learn to maximize your workout and minimize wasted time



## One-On-One Training

### Individual Training (One Hour)

1 Session.....	\$40
3 Sessions.....	\$120
6 Sessions.....	\$240
10 Sessions (1 Free).....	\$360

### Sports Training (One Hour)

3 Sessions.....	\$75
6 Sessions.....	\$150
10 Sessions (1 Free).....	\$225

\*Sports specific training intended for junior high to college athletes (ages 12 to 25). Designed for those who want to get faster and stronger in their sport.\*

Trainer: Gideon Lockett

### New Client Special (One Hour)

3 Sessions.....	\$90
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### HFM Zone

\*Must have prescription from Harrisonville Family Medicine\*

10 - 30-Minute Sessions.....	\$200
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**Sign up at the Harrisonville Community Center**

## Group Training

### Couples Training (One Hour)

3 Sessions.....	\$180
6 Sessions.....	\$360
10 Sessions (1 Free).....	\$540

## Other Services

### Fitness Assessment - \$20

A fitness assessment is a great way to evaluate your current fitness level that can be used as a reference point for improvement after beginning a workout program. Our certified trainers will test you on the 5 components of physical fitness: body composition, cardiovascular endurance, muscular endurance, muscular strength and flexibility.

One hour in length and the trainer will provide recommendations on a fitness program based on your results.

### Body Fat Testing - \$5

Knowing your body fat percentage can help you to set realistic & healthy weight loss goals. Testing takes approximately 15-20 minutes with a certified personal trainer.

## Personal Trainers

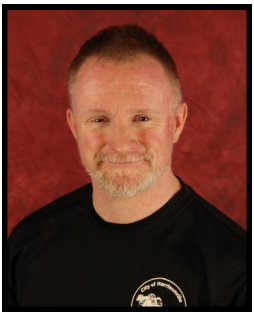


**Gideon Lockett**



**Kim Bevan**

*Sorry, no updated photo at this time.*



**Ted Hall**

## Free Fitness Orientations

### Youth Fitness Orientation

Our youth fitness orientations are designed to educate our young members and guests on the rules and regulations of the cardio and weight equipment here at the HCC. These orientations are required for all youth, ages 9-15 prior to being granted use of the fitness equipment.

Youth ages 9-12 are required to obtain written authorization from the child's physician prior to registration.

### Complimentary Fitness Orientation

A fitness orientation is an information session, typically 60 minutes in length, that will provide you with the basics of how to use the weight machines and cardio equipment here at the HCC. You will learn how to start, stop and change settings on the cardio equipment & the proper techniques & usage of the weight machines.

Fitness Orientations are by appointment only.

To schedule an orientation, please contact our Recreation Coordinator of Fitness:

**Vincent Schroeder**

**Phone:** (816) 380-8980 ext. 5988

**Email:** vschroeder@harrisonville.com



## Harrisonville Community Center



## Personal Training

2400 Jefferson Parkway  
Harrisonville, MO 64701

[www.HPARKS.com](http://www.HPARKS.com)  
(816) 380.8980