

Nutrition Counseling

Nutrition accounts for about 75% of all weight loss – however nutrition-wise, there is no such thing as “One size fits all.”

Apex Center nutrition counseling helps you develop a healthy relationship with food that lasts for a lifetime. You’ll work with our nutrition team to create a personalized eating plan that suits your taste preferences, health/fitness goals and lifestyle. We focus more on putting good foods in and less on taking away the foods you enjoy. Using motivational interview techniques, you will identify mindful eating behaviors that allow you to make good choices and eat cleaner, more healthful foods every day. Staff will address meal planning, shopping, eating healthy on any budget, and how to navigate grocery stores and other food merchants.

Personalized services may include:

- Basal Metabolic Rate and calorie calculations based on your age, weight, and activity level
- Phone consultations
- Family plans and consults
- Grocery store tours
- Disease prevention for diabetes, heart conditions, high cholesterol, and much more
- Specific diets such as gluten free, sugar free, Paleo, prenatal, etc.
- Sport specific or performance based nutrition
- Nutrition for children, teens, adults and seniors

Benefits of a personalized eating plan:

- Feel better and enjoy more energy and vitality
- Manage chronic health conditions by regulating blood sugars and lipids
- Reduce inflammation and joint pain
- Improve your general fitness and sports performance
- Enhance hormone regulation

Nutrition Counseling Rates

Try a single one-hour session or a multi-session package, which can include a convenient option for 30-minute phone consultations.

Rates (per person):

Single one hour session	Res. \$45 (non-res. \$50)
3 hour package*	Res. \$132 (non-res. \$144)
5 hour package*	Res. \$210 (non-res. \$235)

Group Rates (prices are per person):

Single one hour session	Res. \$28 (non-res. \$33)
3 hour package*	Res. \$81 (non-res. \$96)
5 hour package*	Res. \$125 (non-res. \$140)

Family or small group consults

Perfect for families or small groups of people wanting to support each other. For groups of 2-6.

*Your first one-hour session will always be in person. Afterwards, you may choose one-hour in person sessions or 30-minute phone consults.

Lifestyle Coaching

Your coach will work with you to determine how your behaviors and attitudes influence your wellness and general life goals. Learn how to change problem behavior patterns, manage your time, create work/life balance, quit smoking or lose weight, and identify ways to remove your personal roadblocks to living a healthy and happy lifestyle.

Rates:

Three 30-minute sessions	Res. \$45 (non-res. \$50)
Seniors (62+):	Res. \$42 (non-res. \$45)

Cancellation Policy

A 24-hour cancellation is required or you will be charged for your pre-scheduled session.

If you must cancel please contact your trainer directly and call the Apex Center Fitness Desk at 303-463-4241

In the event of unforeseen illness or emergency this policy may be waived at the discretion of management.

Apex Center

Personal Training

Nutritional Counseling

Lifestyle Coaching



Individuals • Couples • Groups
Youth • Adult • Seniors

Please call 303-463-4241 or e-mail us at
personaltrainer@apexprd.org
for more information

Apex Center Personal Training

Why should I hire a personal trainer?

First steps can feel intimidating – but working with a personal trainer is one of the best fitness and health investments you can make! The Apex Center offers innovative, results-based personal training programs for all ages and abilities. Our nationally certified and highly experienced fitness professionals have a wide range of specialized expertise. You will begin at a safe and appropriate level and progress at your personal pace for best results. Start smart and stay on track once and for all! Invest in yourself today for a healthier tomorrow.

Getting started is easy!

Visit the Guest Services desk and ask for one of our personal training packets. Once we receive your completed information, we'll match you with the trainer that best suits your needs and goals. You may also request a particular trainer. We will contact you within 3 business days to set up your first appointment and discuss our affordable training package options.

Body Composition Testing

What's fit and what's fat? Using one of two assessment methods, a trainer will determine your lean body mass and help you set realistic goals for weight management and body composition change. Call the Apex Center Fitness Desk at 303-463-4241 for details.

Jumpstart to Health

Fitness and nutrition go hand in hand when setting goals to get healthy and fit. Meet with our nutritionist for 2 one hour sessions to identify and plan healthy eating strategies. Then work with a certified personal trainer for 3 sessions to establish an appropriate workout plan. Put it all together and you're off to a great start. **Res. \$210 (non-res. \$235)**

Movement Screening

Maximize fitness and minimize workout injuries. This series of comprehensive screenings identifies muscle imbalances/dysfunction, postural deficiencies, and walking/movement patterns that contribute to joint pain or muscular weakness. A detailed report follows with recommendations for corrective exercises. Assessments are all exercise science and evidence based with screening protocols established by ACSM and NASM. **Res. \$75 (non-res. \$85)**

Skills and Formats

- **Functional Training:** Strengthen the body the way it moves in everyday life. Reduce your chance of injury, improve agility, coordination, and flexibility.
- **Rehabilitative Training:** Learn safe ways to move and condition your body without re-injury. A great way to transition from physical therapy into working independently.
- **Sports Specific Training:** Get a leading edge on your game and enhance your performance with targeted strength and movement exercises and drills specific to your sport.
- **Kettlebells:** This century-old training method challenges and delivers. Improve stamina, strength, flexibility, and core stability all in one workout.
- **Youth Personal Training:** Individualized and age appropriate workouts that teach your child to exercise safely, enjoy activity, and/or improve on sports skills.
- **Senior Integrative Training:** A tailored program that focuses on your unique needs, limitations, and goals with special attention to improving function for everyday life, balance and range of movement.

Personal Training Rates

5 or more people available on request

Adult Single session (per person)

	Resident	Non-Resident
1 person	\$45	\$50
2 people	\$33	\$37
3 people	\$28	\$33
4 people	\$19	\$24

Adult 5 sessions (per person)

	Resident	Non-Resident
1 person	\$210	\$235
2 people	\$155	\$175
3 people	\$120	\$140
4 people	\$80	\$90

Adult 10 sessions (per person)

	Resident	Non-Resident
1 person	\$370	\$420
2 people	\$250	\$300
3 people	\$200	\$240
4 people	\$140	\$170

Senior/Youth (62+yrs/17<yrs) Single session (per person)

	Resident	Non-Resident
1 person	\$42	\$45
2 people	\$30	\$35
3 people	\$25	\$28
4 people	\$18	\$21

Senior/Youth (62+yrs/17<yrs) 5 sessions (per person)

	Resident	Non-Resident
1 person	\$190	\$210
2 people	\$155	\$175
3 people	\$120	\$140
4 people	\$80	\$90

Senior/Youth (62+yrs/17<yrs) 10 sessions (per person)

	Resident	Non-Resident
1 person	\$340	\$380
2 people	\$230	\$260
3 people	\$180	\$210
4 people	\$120	\$150

Body Composition

\$12 Residents \$14 Non-Residents

Have kids needing care while you work out?
Child watch is available. Call Apex Center
Guest Services, 303-424-2739, for details.