FITNESS ASSESSMENTS

All appointments may be booked at the Front Desk. Whether you are just starting to exercise or are a veteran exerciser, assessing your current level of fitness will provide important information for your health. For those just starting out, a Fitness Assessment will provide a baseline measurement, which can be referred back to in order to measure progress. A Fitness assessment also examines Cardiovascular Risk Factors, which is especially important for those just starting aerobic exercise. For the veteran exerciser a Fitness Assessment will allow you to fine tune your fitness routine, and make changes where appropriate. With a Fitness Assessment you can: assess your current fitness level in relation to your age and sex; identify areas of health and injury risk; establish realistic, attainable goals and evaluate the success of your fitness programs with follow-up assessments. The Basic Fitness Assessment consists of basic measurements and health questionnaires. The Full Fitness Assessment adds to the basic information through simple physical tests and measurements.

BASIC FITNESS ASSESSMENT

The Basic Fitness Assessment includes the following measurements and assessments: Cardiovascular Risk Factors, Health History, Body Height, Body Weight, Body Mass Index (BMI), Body Fat Percentage, Body Fat Weight, Blood Pressure, Heart Rate, Circumference Measurements, Waist-to-Hip Ratio and Waist-to-Height Ratio.

R/NR	Time
$30/$40	Time Required: 30 minutes

FULL FITNESS ASSESSMENT

The Full Fitness Assessment includes all of the Basic Fitness Assessment measurements and assessments: Cardiovascular Risk Factors, Health History, Body Height, Body Weight, Body Mass Index (BMI), Body Fat Percentage, Body Fat Weight, Blood Pressure, Heart Rate, Circumference Measurements, Waist-to-Hip Ratio and Waist-to-Height Ratio and adds the following measurements/tests: Cardiovascular Fitness, Muscle Strength, Muscle Endurance and Flexibility.

R/NR	Time
$60/$70	Time Required: 60 minutes

NUTRITION ASSESSMENTS

Have you ever wondered what to eat or how much to eat to attain your goals? Do you exercise and not lose the weight you want?

A Nutritional Assessment can help you answer these questions. A Nutritional Assessment is comprised of simple questionnaires, and basic body measurements. You will need to bring a 3-day food diary (2 week days and 1 weekend day) and a 3-day activity log (2 week days and 1 weekend day).

BASIC NUTRITION ASSESSMENT

The Nutrition Assessment includes the following measurements and assessments: Cardiovascular Risk Factors, Health History, Lifestyle Assessment, Body Height, Body Weight, Body Mass I ndex (BMI), Body Fat Percentage, Body Composition (Fat Mass, Lean Mass), Calorie Goals, Nutritional Goals, and Weight Loss Goals. Required: 3-day food diary, 3-day activity log.

R/NR	Time
$50/$60	Time Required: 45 minutes

COMBINED FULL FITNESS & BASIC NUTRITION ASSESSMENT

The Full Fitness & Nutrition Assessment includes all of the measurements and assessments from both the Full Fitness and Nutrition Assessments: Cardiovascular Risk Factors, Health History, Lifestyle Assessment, Body Height, Body Weight, Body Mass Index (BMI), Body Fat Percentage, Blood Pressure, Heart Rate, Circumference Measurements, Waist-to-Hip Ratio and Waist-to-Height Ratio, Cardiovascular Fitness, Muscle Strength, Muscle Endurance and Flexibility Assessment, Body Composition (Fat Mass, Lean Mass), Calorie Goals, Nutritional Goals, and Weight Loss Goals. Required: 3-day food diary, 3-day activity log.

R/NR	Time
$95/$105	Time Required: 60-90 minutes

Youth Weight Room Orientations & ID Policy

Ages: 15-17 yrs

In an effort to provide the opportunity to safely enjoy our weight and fitness equipment, orientations for youth between the ages of 15 and 17 years are required. This brief orientation, along with a weight room ID card, is a service offered by the Recreation Center at no charge beyond paid admission to the center. To guarantee a orientation spot, please call for an appointment.

Fitness attendant hours: Monday-Tuesday, 5-6:30 p.m.

Parent/Youth Workout Times

Parents and youth 10 years and older are now welcome to work out together at the Bob L. Burger Recreation Center. This includes use of weight room, cardiovascular equipment and track. Work out anytime, except Monday-Thursday, 5-7:30pm, our peak time.

- Child must be 10 years or older.
- Parent and child must be working out together. Not just in the facility together. This means that the parent is supervising their child's workout.
- Parent and child must come in together to do a weight room orientation with a weight room supervisor, Monday-Thursday 5-6:30pm, before beginning workouts on their own. Orientation is free of charge, daily admission fee required for parent and youth. By appointment only. Please call 303-665-0469 to schedule.
- Child will receive a Parent/Youth weight room ID, at no additional charge, following the orientation.
- Use of the facility is a privilege and can be revoked at any time should parent and youth not adhere to the rules.

ADULT WEIGHT ROOM ORIENTATIONS

For the price of admission, trained staff will provide personalized weight training orientation to anyone 18 years and older. Learn how to correctly use our Nautilus, cardiovascular and free weight equipment. This assistance is provided any time a fitness attendant is on duty. Please see the front desk to set an appointment. **Fitness attendant hours: Monday & Tuesday, 5-8pm.**

Equipment Check-Out

The Recreation Center has a variety of equipment available for facility guests to check out from the front desk. Users need only present a valid ID card which will be held until the equipment is returned. Some of the equipment available includes:

* Basketballs
* Exercise balls
* Racquets
* Fins & Masks
* Volleyballs
* Exercise bands
* Racquetballs
* Racquetball goggles
* Weight belts
* Hair dryers
* Medicine balls
* Weighted balls

Youth Weight Training *12+ yrs*

This class is open for youth age 12 and up. The Recreation Center will waive the policy of 15 and older age limit for this class. It will be taught by a qualified instructor at the Recreation Center. The class is designed to teach the basics in fitness. It will include: free weights, Nautilus and cardiovascular machines as well as weight room etiquette and safety. Location: Recreation Center. Maximum of 5 participants.

Participants successfully completing the Youth Weight Training Class may use the Weight Room Monday - Friday, 4-5pm only.

Code	R/NR	Day	Time	Date
312040A	$55/$65	Tue/Thr	4-5 pm	1/8-1/31
312040B	$55/$65	Tue/Thr	4-5 pm	2/5-2/28
312040C	$55/$65	Tue/Thr	4-5 pm	3/5-4/4*

***No class 3/26 and 28**

PERSONAL TRAINERS

Not getting enough out of your workout? Does your exercise routine seem old? A personal trainer may be the answer for you.

The Bob L. Burger Recreation Center has teamed up with some of the best personal trainers around to offer this service. To arrange a meeting simply call one of the trainers listed. Each trainer has unique qualities and a varying outlook and focus.

Visit our website (www.cityoflafayette.com/recreation) for complete bios. If you would like more information before calling one of the trainers, contact Kris Kron at 303-665-0469.

Meet our Personal Trainers

TERESA ANDERSON
(303) 818-9371

HEATHER PATIK
(303) 594-4013
haynor@yahoo.com

LIZ NEGREY
(303) 618-6457
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JACK WAGNER
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RICH BRADFORD
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(303) 661-9188
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