

LARIMER COUNTY PERSONAL TRAINER



Lifestyle Education Benefit

Medical Plan Members can be reimbursed up to \$500 per Calendar Year for Lifestyle Education through this credit.

1-ON-1 TRAINING,
GROUP
TRAINING,
HEALTH
COACHING, GOAL
SETTING, &
NUTRITION

PROGRAMS



1-ON-1

This is a personalized program including pre and post assessment, workout instruction, goal setting, habit change, nutrition coaching, and weekly check-ins.



- 5 SESSIONS+CONSULTATION
- 10 SESSIONS+CONSULTATION

CONTACT

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GROUP TRAINING



This is a great option to socialize and workout in a group of 3-8 people with similar goals. These workouts include strength and functional fitness, including a pre and post assessment, goal setting, nutrition coaching, and weekly check-ins.