

Glendale Sports Center Offers 10% Off Personal Training Sessions For A Limited Time

by Mark Smiley

As summer rapidly approaches, you may be digging into your drawer to find your swimsuit. Now is the time to start thinking about how that swimsuit will look and feel on you. The *Glendale Sports Center* understands these types of considerations so they are running a sale to encourage their members to take advantage of personal training. The Glendale Sports Center has always focused on fitness and health but what many may not know is that they offer fitness assessments and personal training for their members.

The fitness assessments are included in the membership and focus on body-composition analysis, equipment orientation, and mini fitness evaluations. This assessment is a good way to gauge where you are on the fitness spectrum and establish a baseline and future benchmark prior to starting an exercise program.

It is recommended that before beginning an exercise program, you undergo a fit-

ness assessment. It provides key information that can be used to develop realistic goals and design an exercise program that will help meet your personal needs and achieve your goals.

When you have created your blueprint, it is time to consider personal training in your master plan. The Glendale Sports Center offers personal training for its members with four different personal trainers on staff with a varying degree of expertise.

Head trainer Beth Eafanti focuses on 30 minute workouts that cater to the busy professional. Deborah Montour trains the older adults who may be part of the Silver-Sneakers program, and Paul Hogan is a soccer coach who specializes in sports training. The newest trainer on staff, Dan Roake, will train anybody and is considered the most versatile.

These Certified Personal Trainers provide individualized physical conditioning programs based on their clients' needs and goals. Members can schedule their appointments any time of the day based on their trainer's schedule.

If you are not sure you need a personal trainer or are concerned about the financial investment, consider that a personal trainer helps you define your fitness goals. They also offer a personalized workout, instruction, motivation, accountability, variety and efficiency.

When Sports Center members sign up and pay by May 15, 2017, they will receive 10 percent off their personal training package. "We want to make sure people are still using the gym they are paying for," said Monica Henrichs, Glendale

Sports Center Health and Wellness Director. "The summer months have a lot of activities here in Colorado such as hiking, biking, and climbing, and having a personal trainer gear you up for that in May and the beginning of June is helpful."

Packages range from \$58 for one 1-hour session to \$635 for 12 sessions and everything in between. The Sports Center also offers buddy packages where two people can split the cost of a one-hour session and receive even more of a discount.

To learn more, call Monica Henrichs at 303-692-5773 or visit www.sportscenter.glendale.com.



Act Fast: The Glendale Sports Center is offering 10 percent off personal training packages through May 15.



30 Minutes: Beth Eafanti, Head Trainer, trains her clients in 30-minute workouts. There are three other personal trainers on staff to meet your specific needs.

We Get Letters...

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Blasting With Boyles

Absolutely my favorite article ever written in the *Chronicle*. Thank you for your perspective which is extremely important and needs to be able to be published. In all fairness to me and my conservative friends, I feel like many of us are afraid to speak up these days...

Edward Esposito
Denver, CO

Beautifully written, Peter. I couldn't agree with you more. So horrible what all of these people are doing to Trump. Makes the rest of us on his team want to work harder and to support him more. I have always believed we needed a business man in the White House and now we do. With support, I believe he will do amazing things for our country.

Patricia Martin
Denver, CO

Pathetic blather. Opinionated, devoid

of facts, casts blame and generalizes instead of looking at the issues. I congratulate you on barely controlling your righteous anger vs "the liberals" and buffoons.

Kevin Rothchild
Denver, CO

You hit the nail on the head. This is the real story post election. I get so angry when I hear or read the news reports post election. I wasn't a big supporter of candidate Trump. I did vote for him, and I am being pushed more to his side all the time. The news and entertainment industry are clearly biased, to say the least. The media did all they could to get Trump nominated so that Hillary would have an easy win, but it got out of hand, and to their surprise Hillary was defeated. They can't accept that. Biased media reporting is the real story of the Trump election. And like you suggested, it isn't purely Democrat vs. Republican, it seems more like establishment vs. non-establishment. Deep State is real. I hope that Americans figure this out.

Bob Mesenbrink
Denver, CO

Total hours of care that TCC provided in 2016:

1,004,002.16

That is the equivalent of approximately **114 years**.

The average human lifespan is **672,000 hours**.

Our Community-Based Services program provided **14,203 hours** of care that resulted in remarkable impact:



82.3% of kids avoided hospitalization



96.3% of kids stayed in their homes



98% of kids stayed in their school



Tennyson Center for Children empowers children who have experienced abuse, neglect and trauma to bravely, and safely, change their life's story.

Tennyson Center is proud to partner with the City of Glendale to change the lives and give hope to the children and families that we serve!