

Kimberly Trogdon, Personal Trainer

Current Training Offerings

For more information or to schedule training, please call Kimberly at 719-322-6389 or send an email to TrogdonPT@gmail.com

Small Group Sessions

Each session is six weeks, and meets twice per week for one hour each. The first session will include body fat assessment, flexibility testing, muscular endurance testing, and goal discussion. Remaining sessions will include cardio, strength, and flexibility workouts with a variety of equipment. A 24 hour notice must be given in the event of absence due to illness or emergency. A maximum of two excused absences will be allowed to be made up at a later time.

Cost per six-week session:

6 Participants: \$144 per person

4 Participants: \$216 per person

2 Participants: \$432 per person

Fitness Assessments

60 Minutes (\$55)

Body Fat Percentage Assessment

Flexibility Testing

Muscular Endurance Testing

15 Minute Consultation

45 Minutes (\$40)

Body Fat Percentage Assessment

Flexibility Testing

15 Minute Consultation

30 Minutes (\$25)

Body Fat Percentage Assessment

15 Minute Consultation

15 Minutes (\$15)

Body Fat Percentage Assessment

Personal Training Session (1 hour) - \$60

Session will include a body fat percentage assessment and a guided workout.

Personal Training Packages

Packages designed to maximize training and minimize expense! A maximum of two excused cancellations due to emergency or sudden illness will be allowed. A minimum of two training sessions per week are recommended.

Package One

Consultation, Full Fitness Assessment, Program Design, and 10 Training Hours
Expires 90 Days Following Commencement of Agreement
\$475

Package Two

Consultation, Full Fitness Assessment, Program Design, and 5 Training Hours
Expires 60 Days Following Commencement of Agreement
\$300

Package Three

Consultation, Full Fitness Assessment, Program Design, and 1 Training Session
There is a 24-hour Cancellation Policy per Scheduled Session
\$100