

BUCKEYE RECREATION CENTER FITNESS SERVICES

PERSONAL TRAINING

One on one personal training sessions with our Fitness & Wellness Coordinator are available on a per hour basis or you can purchase ten session packages at a discounted rate. Each client will receive a complementary fitness assessment and goals/needs consultation before beginning your individualized program. Personal training is a great way to orient yourself with exercise training if you are a beginner. If you are a veteran it can be a means of breaking through a plateau, adding diversity and functional training to your workout, or sport specific training to help you get the leg up on your competition. Please call to inquire about pricing or to schedule an appointment for your initial consultation.



FITNESS ASSESSMENTS

Free fitness assessments are available by appointment with our Fitness & Wellness Coordinator. Your free fitness assessment will include weight, BMI, Body Fat, Blood Pressure, and Girth measurements. It will also include muscular strength and endurance, flexibility, and cardiovascular endurance testing. This is a great way assess your current fitness level and track your progress whether you are an avid exerciser or just looking to get started.



WEIGHT ROOM ORIENTATIONS

Are you new to the Buckeye Recreation Center, just beginning a workout program, not too familiar with exercise equipment? Then schedule your free Weight Room Orientation with our Fitness & Wellness Coordinator as soon as possible. Daniel will take the time to introduce you to the various equipment BRC has to offer, its proper function, and how you can best utilize our equipment to meet your goals.



GROUP FITNESS CLASSES

The Buckeye Recreation Center offers various fitness classes to meet the needs of residents and visitors. Please check the monthly fitness calendar for class dates, times, and class descriptions. Classes taught at the BRC include but are not limited to:

- Yoga
- Pilates
- Spin
- Boot Camp
- Beginners Cycling
- Ab Attack
- Zumba
- Work It Circuit
- Beginners Pilates
- Quick Fit



ADDITIONAL FITNESS AND WELLNESS SERVICES

Sign up at the BRC to receive the following free publications:

- Weekly Wellness Tips
- Healthy Meal of the Week
- Monthly BRC Fit Tips

The Buckeye Recreation Center also offers complementary workout/cardio logs and filing system so you can track your progress at the Buckeye Recreation Center!

