

Senior Services



ONE-ON-ONE FITNESS COACHING

Senior Fitness Center members can sign-up for one-on-one fitness coaching to develop personalized fitness plans that will help you reach your health and fitness goals.

One-on-one Fitness Coaching

Work one-on-one with the trained Fitness Center staff to develop an individualized fitness plan. You will receive more in-depth guidance based on an administered fitness assessment that will determine your upper and lower body strength, as well as aerobic endurance. Fitness Center staff will provide personal attention during each session to help ensure you are getting the most out of your workout.

Cost

- **Single 30-minute Session: \$15**
- **Five 30-minute Sessions: \$60**

Members may schedule a maximum of two sessions per week. Sessions expire three months from date of purchase.

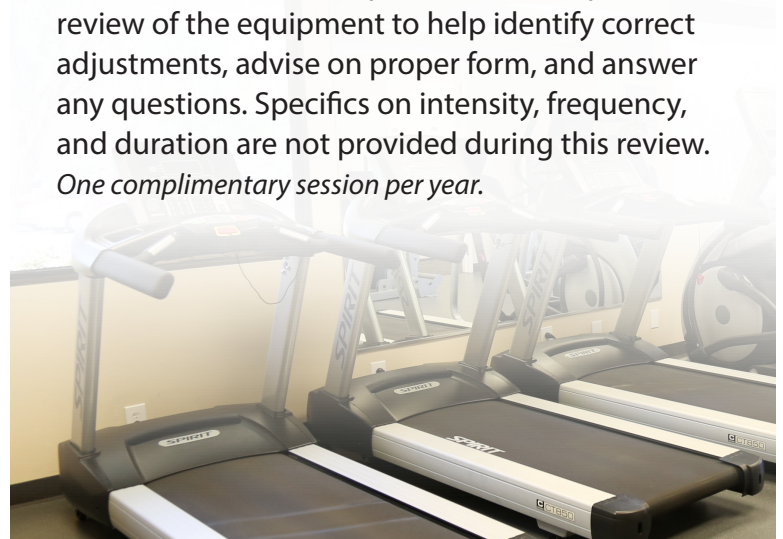
Prefer to work out on your own?

Register for a free overview of the fitness center equipment.

Equipment Review

Fitness Center staff will provide an in-depth review of the equipment to help identify correct adjustments, advise on proper form, and answer any questions. Specifics on intensity, frequency, and duration are not provided during this review.

One complimentary session per year.



LOCATIONS

Rancho Senior Center
3 Ethel Coplen Way, Irvine
949-724-6805

Trabuco Center
5701 Trabuco Rd, Irvine
949-724-7424

To register, please visit Rancho Senior Center or Trabuco Center.
Fitness Center staff will call to schedule your session once you have registered.

For more information, call 949-724-7300.

برای کسب اطلاعات به زبان فارسی، لطفاً با شماره 949-724-7300 تماس بگیرید.

한국어로 된 정보를 원하시면 949-724-7300 로 연락 바랍니다.

如需中文資訊，請致電 949-724-7300。

有关中文信息，请致电 949-724-7300。

日本語で情報を共有する場合、電話番号 949-724-7300までご連絡ください

Para obtener información en español, llame al 949-724-7300.

Để biết thêm thông tin bằng tiếng Việt, xin vui lòng gọi đến số 949-724-7300.

للحصول على المعلومات باللغة العربية، اتصل بالرقم 949-724-7300.

