



Progressive Training

UCCS Campus Recreation

Benefits of Progressive Training

- With Progressive Training, you get a personalized fitness experience. The moment you sign up, you are part of our TEAM. We work together to reach our fitness goals. As a team, we are all accountable to come every week and give it our all.
- There is a sense of support. In a small group setting, we build connections and have relationships with those on our team.
- The best part? The workouts are made for you. You have a trainer guiding you every step of the way.

Progressive Training assists clients in reaching their goals through workouts that build week after week.

How is this different from the other programs we offer, such as group fitness and personal training?

In Group Fitness, participants can take a class at any time; whereas with Progressive Training, we work toward a specific goal, building upon what we learn each class. Rather than dropping in, you register for a spot in the eight-week program.

Personal Training offers a one-on-one experience for the trainer and client. In Progressive Training, you will be working with the same group of people for the entire eight weeks.



Intro to Weight Training

The goal of this program is to learn proper form and technique while executing several lifts as well as develop knowledge in the weight room. Some of the lifts that will be taught include bench press, barbell squat and deadlift. By the end of the eight weeks, you will see improvements in your muscular strength and be able to put together your own workouts.

Couch to 5K

This program will focus on endurance training in order to take you from your current fitness level to the finish line of a 5k race. We will also focus on building resilience and commitment through weekly discussion topics that will strengthen your resolve. By the end of the eight weeks, you will discover your own potential and put it to the test in your first 5k!

Summer Special

This summer we are launching our Progressive Training program, and it will be offered for **FREE!** (No exclusions)

Starting in the fall, registration for each Progressive Training class will cost \$35.

Take advantage of this opportunity to participate in these programs at **NO COST** while you can. You've got nothing to lose!

For the summer launch of the program, anyone can participate, but in the fall we will have limited class sizes so that each person is able to get individual attention from their trainer.

Contact Us

Gallogly Recreation and Wellness Center
1420 Austin Bluffs Parkway
Colorado Springs, CO 80918

fitness@uccs.edu
(719)255-7515

