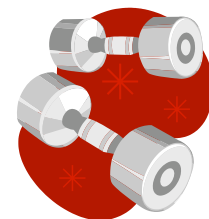


Personal Training Packages



Fitness Assessment Only

Meet one-on-one with a Campus Rec Personal Trainer to determine your current fitness level and discuss your personal goals. This one-hour session will determine your:

- Resting Heart Rate
- Blood Pressure
- Body Composition
- Cardiovascular Endurance
- Muscular Endurance
- Flexibility

Starter Pack

Perfect for those who would like a fitness assessment and a slight push to get them started. This package offers:

- Fitness assessment and consultation to create your individualized program
- Three 1-hour training sessions
- Encouragement and motivation towards life-long fitness

Multi-Pack

If you're looking for continued support and motivation this package is for you. We will continue to monitor your progress to ensure you are using proper technique and assist you in further advancing your fitness level. Choose from our 6, 9, 12, 15 or 18 session packages which offer:

- Fitness assessment and consultation to create your individualized program
- Prolonged modification of your personal program to prevent a training plateau
- Motivation, support and instruction from your trainer

Buddy Pack

Grab a friend and get fit together! This is perfect for those looking for a training partner and support system to keep them motivated along their fitness journey. Choose from our 6, 9, 12, 15 or 18 session packages which offer:

- Fitness assessment and consultation to create your individualized programs
- Prolonged modification of your personal programs to prevent training plateaus
- Motivation and support from you trainer
- Creative ways to work as a pair to continually increase your fitness level

Additional Sessions

Additional sessions can be purchased for a discounted rate once your starter-pack, multi-pack or buddy-pack has been used. You can also purchase single training sessions once your fitness assessment has been conducted. The prices for these additional sessions are as follows:

Package	Student Additional Sessions	Faculty/Staff Additional Sessions
Assessment Only	\$15.00/session	\$18.00/session
Starter Pack	\$13.50/session	\$16.50/session
Multi-Pack (6)	\$12.50/session	\$16.00/session
Multi-Pack (9)	\$11.50/session	\$15.00/session
Multi-Pack (12, 15, 18)	\$10.00/session	\$14.00/session
Buddy Pack (6)	\$10.00 each/session	\$13.50 each/session
Buddy Pack (9)	\$9.00 each/session	\$12.50 each/session
Buddy Pack (12, 15, 18)	\$8.00 each/session	\$11.00 each/session