## RECREATIONAL SERVICES FITNESS PROGRAM

# **Personal Training**

#### Personal Training - Package I

This program consists of 3 sessions, totaling three hours with a trainer. You and your trainer will cover topics and discussions on stretching, diet, cardiovascular endurance, muscular strength, realistic goal setting, and more.

#### Personal Training - Package II

This program consists of 5 one-hour sessions for beginning, intermediate and advanced fitness levels.

#### Personal Training - Package III & IV

This program consists of 7 or 10 one hour training sessions. Keep the program going, while learning new exercises, getting stronger and keeping that weight off!

#### **Group Training Package**

Designed for a small group with similar goals. Maximum 3 people per group. One trainer assigned per group. Available in 2 or 4 sessions. 2 sessions - \$90 4 sessions \$150

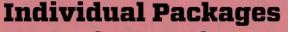


#### **Partner Training**

Bring a buddy and split the cost! Get fit together - each with your own personalized workouts. Sessions follow Package I format. Please come together with a similar goal in mind to better help make your session be used to its fullest potential. You will walk away with a personalized program emphasizing proper technique, breathing, range of motion, order of exercise, and specified weights.

#### Registration

- Fill out registration form and PAR Q found online or at the main office. Pay for however many sessions you would like at the main office via cash, check, or credit card.
- Allow 3 business days to be contacted.
- You must contact your trainer at least a day (24 hours) in advance if you have to cancel a training session. Our no-show policy states if you fail to notify your trainer, you forfeit that session.
- Your trainer will discuss setting up times and days on your consultation.



**UNM Students, Faculty & Staff** 

3 sessions: \$120.00 5 sessions: \$200.00 7 sessions: \$280.00 10 sessions: \$400.00

#### **Partner Training Packages**

3 sessions: \$120.<sup>22</sup> 5 sessions: \$200.<sup>22</sup> 7 sessions: \$280.<sup>22</sup>

### Individual Packages

3 sessions: \$150.<sup>99</sup>
5 sessions: \$250.<sup>99</sup>
7 sessions: \$350.<sup>99</sup>
10 sessions: \$500.<sup>99</sup>

#### **Partner Training Packages**

3 sessions: \$150.<sup>99</sup>
5 sessions: \$250.<sup>99</sup>
7 sessions: \$350.<sup>99</sup>

THE UNIVERSITY OF NEW MEXICO Recreational Services

1102 Johnson Center, UNM, 505.277.0178

recservices.unm.edu

Division of Student Affairs
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