

# 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.



## Individual Packages

UNM Students, Faculty & Staff

3 sessions: \$120.<sup>00</sup>

5 sessions: \$200.<sup>00</sup>

7 sessions: \$280.<sup>00</sup>

10 sessions: \$400.<sup>00</sup>

## Partner Training Packages

3 sessions: \$120.<sup>00</sup>

5 sessions: \$200.<sup>00</sup>

7 sessions: \$280.<sup>00</sup>

## Individual Packages COMMUNITY

3 sessions: \$150.<sup>00</sup>

5 sessions: \$250.<sup>00</sup>

7 sessions: \$350.<sup>00</sup>

10 sessions: \$500.<sup>00</sup>

## Partner Training Packages

3 sessions: \$150.<sup>00</sup>

5 sessions: \$250.<sup>00</sup>

7 sessions: \$350.<sup>00</sup>

THE UNIVERSITY OF NEW MEXICO  
Recreational Services

1102 Johnson Center, UNM, 505.277.0178

[recservices.unm.edu](http://recservices.unm.edu)

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