

Personal Training



A free comprehensive fitness test is offered when you purchase any of the personal training packages.

Personal Training - Package I

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

Personal Training - Package III & IV

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

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 sessions be used to it's fullest potential!

You will walk away with a personalized program emphasizing proper technique, breathing, range of motion, order of exercise, and specified weights.

Group Training Package

Designed for a small group with similar goals. Max 3 people/group. One trainer assigned/group.

*Available in two or four sessions.
2 sessions- \$90 4 sessions- \$150

Prices for personal training packages:

Individual Packages

Students	Faculty & Staff
3 sessions: \$100	\$120
5 sessions: \$150	\$175
7 sessions: \$200	\$250
10 sessions: \$250	\$300

Partner Training

3 sessions: \$125 (students);
\$150 (faculty/staff)

5 sessions: \$180 (students);
\$225 (faculty/staff)
7 sessions: \$205 (students);
\$280 (faculty/staff)

*** Community Pricing Available**

Pick the days and times you want!

FAQ: How do I sign up?

Fill out registration form and PAR Q found on-line or at the main office. Pay for however many sessions you would like at the main office via check, cash or credit card.

When will they contact me? Allow 3 business days to be contacted.

What happens if I do not show up?

You should contact your trainer at least a day in advance. Our no show policy states if you fail to notify your trainer, you forfeit that session.

How will I know if my trainer can meet with me when I want?

Your trainer will discuss setting up times/days on your consultation.