

# Personal Training

Personal Training is individualized instruction that incorporates one's health history, goals, and current lifestyle into a comprehensive and educational exercise program that meets the client's specific needs. Those needs may include the following:

- General Health and Fitness goals
- Sport-specific Training
- Flexibility or Cardiovascular Training
- Weight Loss
- \*Fitness Assessment= \$20 SIU Student/ \$25 Member/ \$30 Non-Member

The Fitness Assessment will include: health history questionnaire, goal setting, cardiovascular testing, muscular strength/ endurance testing and flexibility/ movement assessments.

## INDIVIDUAL TRAINING

60 minute= \$20 SIU Student/ \$25 Member/ \$30 Non-Member

30 minute= \$10 SIU Student/ \$13 Member/ \$15 Non-Member

## PARTNER TRAINING

60 minute= \$15 SIU Student/ \$20 Member/ \$25 Non-Member

30 minute= \$8 SIU Student/ \$10 Member/ \$13 Non-Member

## SMALL GROUP TRAINING

60 minute= \$12 SIU Student/ \$15 Member/ \$20 Non-Member

**Buy ten 60-minute sessions, get one FREE. To purchase Personal Training Sessions/ Assessments stop by the Member Services Center.**

Unused sessions will expire 4 months from the date of the last training without prior-approved exception.

*\* First time Personal Training clients or returners who haven't trained in six months must purchase and receive a Fitness Assessment.*