

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

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 10 60-minute sessions, get 1 FREE. Buy 20 30-minute sessions, get 2 FREE.
To purchase Personal Training Sessions/ Assessments stop by the Personal Fitness and Wellness Studio or the Member Services Center.

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

When signing up for Personal Training remember that your first training session will be your fitness assessment. This must be paid in advance. The fitness assessment will include: health history questionnaire, goal setting, cardiovascular testing, muscular strength/ endurance testing and flexibility/ movement assessments.