



PERSONAL TRAINING

Personal Training is individualized instruction that incorporates one's health history, goals, and current lifestyle in to a comprehensive and educational exercise program that meets the client's specific needs, including:

- General Health and Fitness Goals
- Sport-specific Training
- Flexibility or Cardiovascular Training
- Weight Loss

First-time Personal Training clients or returners who haven't trained in six months must purchase and receive a fitness assessment. The fitness assessment will include: a health history questionnaire, goal setting, cardiovascular testing, muscular strength/ endurance testing, and flexibility/movement assessments.

To purchase Personal Training Sessions or Assessments, stop by the Member Services Center. Unused sessions will expire four months from the date of last training without prior approved exception.

INDIVIDUAL TRAINING

- 60 minutes - SIU Students \$20
- Members \$25
- Non-members \$30
- 30 minutes - SIU Students \$10
- Members \$13
- Non-members \$15

Buy ten 60-minute Individual Training sessions, get one FREE!

PARTNER TRAINING

- 60 minutes - SIU Students \$15
- Members \$20
- Non-members \$25
- 30 minutes - SIU Students \$8
- Members \$10
- Non-members \$13

Cost is per person, and both partners must train together.

SMALL GROUP TRAINING

- 60 minutes - SIU Students \$12
- Members \$15
- Non-members \$20
- No 30-minute sessions available.

Cost is per person, and is for 3-4 people who must train together.