

PERSONAL **TRAINING**

What is Personal Training?

Personal Training offers a one-on-one private workout session with a trainer. Your trainer will assist you in developing a comprehensive personal fitness program. Whether you are just starting an exercise program or looking for some variety in your existing program, your Personal Trainer will help you reach your goals. Learn the different weight training and cardiovascular equipment and receive personal instruction on exercise technique. Personal Trainers offer in-depth education and motivation needed to guide you towards lifetime fitness.

Consultation:

You will begin your Personal Training program with a consultation, which will give the trainer an idea of your fitness level and goals at the start of the program. This is a ***FREE*** 15-minute session. Packages can be purchased in 241 Archbold Gym.

Fit check Clinics:

\$25.00

Find out what kind of shape you are in. The clinic will measure five fitness components: cardiovascular endurance, flexibility, muscular strength and muscular endurance and body composition. The clinic also provides percent body fat testing. Through the use of skin fold calipers, we will determine percentage of body fat and pounds of fat weight as compared to pounds of lean weight.

All sessions are 45-minutes to one-hour in length. Training is based on personal trainer availability. Sessions may not be available during breaks such as thanksgiving break, winter break and spring break.



Packages:

Silver: \$115.00

Take the extra step, gain more knowledge of the strength equipment.
5 Personal Training Sessions

Gold: \$176.00

Go for the gold, begin to notice muscular changes.
8 Personal Training Sessions

Platinum: \$252.00

Notice muscular and body composition changes.
12 Personal Training Sessions

Orange Plus \$342.00

Total body transformation, strive to meet your goals!
18 Personal Training Sessions

*results may vary

For more information contact Angie Petrie at 443-4386 or apetrie@syr.edu

