

# **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/Assessment:***

You will begin your Personal Training program with a fitness assessment, which will give the trainer a measurement of your fitness level at the start of the program. This is a *\*FREE\** 30-minute session. Packages can be purchased in 241 Archbold Gym and include the fitness assessment.

## ***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 student trainer availability. Sessions may not be available during breaks such as 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*

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