

PERSONAL **TRAINING**

What is Personal Training?

Personal Training offers you 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 an accurate measurement of your fitness level at the start of the program. *FREE*

Fit check Clinics:

\$25.00

Find out what kind of shape you are in. Testing measures five fitness components: cardiovascular endurance, body composition, flexibility, muscular strength, and muscular endurance. 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.



Packages:

Bronze: \$72.00

Get warmed up and learn the basic free weight machines and nautilus machines.
3 Personal Training Sessions
FREE Fitness Assessment

Silver: \$110.00 (save \$10)

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

Gold: \$168.00 (save \$24)

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

Platinum: \$240.00 (save \$48)

Notice muscular and body composition changes.
12 Personal Training Sessions
FREE Fitness Assessment

Orange Plus \$324.00 (save \$108)

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

*results may vary

For more information contact Eliza Decker at 443-4386 or etdecker@syr.edu