



PERSONAL TRAINING

Helping You Meet Your Fitness Goals.

The overall goal of this program is to assist participants in achieving physical fitness benefits effectively based to meet their needs and interests.

A trainer will work with you to:

- Set Realistic Physical Fitness Goals
- Instruct on Proper Exercise Technique
- Individualize an Exercise Prescription
- Provide Accountability and Motivation in Achieving Fitness Goals.

Personal Trainers are certified through a nationally recognized personal training certification (**ACSM, NSCA, ACE, AFAA, ISSA or equivalent**).

APPOINTMENTS

Our personal trainers will work with you to schedule your training during a time that is convenient to you.

Whether you are an early bird or prefer an after work workout we can help you burn off the stress of your day.

- A physical fitness assessment is required prior to beginning Personal Training.
- To make an appointment for Wellness and Personal Training Services, please call 330-972-6599 or stop into the Wellness Suite (room 107) at the Student Recreation and Wellness Center.
- All sessions will be 30 minutes in length and two (2) or more sessions may be scheduled back-to-back if desired.
- All single sessions must be completed within 6 months of the purchase date and all packages must be completed within 1 year of the purchase date.
- Payment is required before each personal training session. Payments are made at the SRWC Information Office. Cash, credit cards, and ZipID's are accepted. Please obtain a receipt to show the trainer.
- If you do need to cancel or reschedule your appointment, we request a 12 hour notice.



SESSION TYPES

Private Session

A private one-on-one session with you as the primary focus.

Semi-Private Session

A more affordable option than the private session, a semi-private session gives the trainer the choice to schedule another client during the same time slot.

Group Personal Training

If you want to workout with a significant other or a small group of friends, then group training is the way to go. Divide the cost of the session or package by the number of people in your group (2-3) for the most affordable personal training session available

FEE STRUCTURE

Private 30 Minute Session

Package	Students	Members/ Staff	Community
1 session	\$15	\$20	\$25
5 sessions	\$70 (\$14 ea.)	\$95 (\$19 ea.)	\$119 (\$23.80 ea.)
10 sessions	\$135 (\$13.5 ea.)	\$180 (\$18 ea.)	\$225 (\$22.50 ea.)

Semi-Private (1-2 people) – 30 Minutes

Package	Students	Members/ Staff	Community
1 session	\$12.50	\$15	\$25
5 sessions	\$60 (\$12 ea.)	\$71.50 (\$14.30 ea.)	\$119 (\$23.80 ea.)
10 sessions	\$112.50 (\$11.25 ea.)	\$135 (\$13.50 ea.)	\$225 (\$22.50 ea.)

Group (2-3 people) – 30 Minutes

Package	Students	Members/ Staff	Community
1 session	\$20	\$25	\$40
5 sessions	\$95 (\$19 ea.)	\$119 (\$23.80 ea.)	\$190 (\$38 ea.)
10 sessions	\$180 (\$18 ea.)	\$225 (\$22.50 ea.)	\$360 (\$36 ea.)



CONTACT INFORMATION

Student Recreation & Wellness Center
Room107
Ph: 330-972-6599
Fax: 330-972-7038
Email: bhartma@uakron.edu

Live Well, Be Fit