

# Personal Training

**Fall 2009**

## *Free Student Personal Training:*

Each student may take advantage of their free initial consultation and **Four** (4) free sessions throughout the fall semester (Aug 24 – Dec 8). Call any time during PAC hours, provide the information needed and a personal trainer will contact you within 48 hours. Each session is tailored to meet your individual needs and to help you reach your goals. When all 4 free sessions have been used, additional sessions may be purchased at a low cost.

If you would like to request a specific trainer please let the person taking the reservation know. However, sessions are set up based on the personal trainers' availability; therefore we may not be able to honor your request.

## *Initial Consultation:*

During the initial consultation you and your trainer will discuss your goals and what you expect to get out of each session. Each session, after the initial, you will be actively working with your personal trainer.

## *What's after the fourth session?*

Once a student has reached their fourth free session of personal training they must pay for any additional sessions. All sessions purchased must be used by the end of the semester (by Dec 8, 2009) they are purchased in.

### Students:

- 1 session = \$15
- 3 sessions = \$42
- 5 sessions = \$70
- 8 sessions = \$115
- 10 sessions = \$140

Fees must be paid before the first session.

## **Session**

When you arrive for your session you must check in with the front desk and show your ASU student ID card. Always arrive on time (if not early), your session will begin at the time scheduled and will not be extended for any reason.

## *Attire*

Come ready to workout. Wear tennis shoes, and moveable clothing.

## *What to bring?*

It is recommended you bring a water bottle and a towel to each session.

## **Cancellation Policy**

*Sessions must be cancelled 48 hours in advance. Failure to do so will result in a loss of one of your sessions.*

**\*\*All information is confidential.\*\***

## **Faculty/Staff/Community Personal Training**

To be eligible for personal training you must have a current PAC membership. Faculty/Staff/Community are not eligible for any of the free sessions we provide for students. However, they may purchase personal training sessions for a minimal cost.

Faculty/Staff/Community Prices (1 person):

- 1 session = \$18
- 3 sessions = \$52
- 5 sessions = \$85
- 8 sessions = \$140
- 10 sessions = \$170

Fees must be paid before the first session.

### *Initial Consultation:*

The initial consultation will include talking with your personal trainer about your fitness goals, previous experience, conducting fitness assessments, filling out paperwork, ect. The initial consultation does NOT count as one of your sessions.

Each session will be set up by your personal trainer and you.

All sessions must be used by the end of the semester they were purchased in.

### **Session**

When you arrive for your session you must check in with the front desk and show a proper ID (either ASU or membership). Always arrive on time (if not early), your session begins at the time scheduled and will not be extended for any reason.

### *Attire*

Come ready to workout. Wear tennis shoes, and moveable clothing.

### *What to bring?*

It is recommended you bring a water bottle and a towel to each session.

### **Cancellation Policy**

*Sessions must be cancelled 48 hours in advance. Failure to do so will result in a loss of one of your sessions.*

**\*\*All information is confidential \*\***