Seven sessions of affordable personal training!!

Learn how to get in shape and feel good about your body. A trainer will work with you to establish a training plan that you can build into your exercise routine.

The requirements for participation in this program are:

1. Pay $120.00 for 7 sessions to Campus Rec and receive half back from Personal Well U upon successfully completing the program.

2. Complete new client information form and return it to the Campus Rec fitness desk.

3. Commit to working out with your trainer at least once a week in the fitness center.

4. Complete initial fitness assessment.

5. After your 6th training session has been completed return for a post-test one month later. (7th session)

If you are interested in participating in this program, please contact the Wellness Center ext. 5569.