

Personal Training

by URec & Residence Life

FITNESS AT YOUR DOORSTEP!

Personal Training is now available at the Towers and East Area residence halls.



sessions

\$40 for 3 sessions

Session One

Full fitness assessment, health and exercise history interview, and goal planning.

Sessions Two and Three

One-on-one training featuring your workout program. Learn proper form and how to monitor intensity levels.

what is included?

- Health Screening and Fitness Assessment
- Orientation to Cardiovascular and Strength Training Equipment
- Coordination of Beginner, Intermediate, and Advanced Workouts
- Intensity training with heart rate
- Tips on Motivation, Adherence, and Goal-Setting
- One-on-one training with a Personal Trainer

Visit the Program Desk, located in the Student Activity Center, to schedule your personal training sessions.

Fitness Assessments

Fitness Assessments are also available in the Towers and East Area. Your FREE fitness assessment can include:

- Resting Blood Pressure
- Cardiovascular Capacity
- Muscular Endurance
- Muscular Strength
- Body Weight
- Body Fat %
- Flexibility

Please report to the respective fitness center desk to receive your FREE fitness assessment: Towers or East Area fitness desk.

For more information contact:

Towers Fitness Center: 774-2158

East Area Fitness Center: 774-1979

SAC Program Desk: 774-3200

