



If you want to reach your ultimate fitness goals but need a little help getting there, **one-on-one training** with our nationally certified trainers is **your solution.**



# Personal Training

The path to a **better you**

## Training Options Individual Training

Trainers will customize workouts to suit your needs.

One-hour sessions:

\$20 Student/\$25 Member/\$30 Non-Member

Half-hour sessions:

\$10 Student/\$13 Member/\$15 Non-Member



## The benefits for **you**

- Meet your general health and fitness goals
- Modify your physique
- Weight loss
- Sport-specific training
- Flexibility
- Cardiovascular training



## Partner Training

Grab a friend and meet your health and fitness goals together while enjoying better prices.

One-hour sessions:

\$15 Student/\$20 Member/\$25 Non-Member

Half-hour sessions:

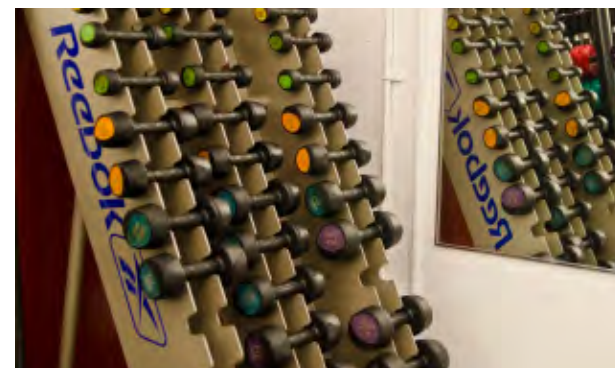
\$8 Student/\$10 Member/\$13 Non-member

## Small Group Training

This strength training option is an affordable alternative to individual training. Three to four people. One hour sessions.

\$12 Student/\$15 Member/\$20 Non-Member

*All new personal training clients must sign up for a fitness assessment. There is a \$15 charge for this service.*



Recreational Sports and Services  
Student Recreation Center  
Lifestyle Enhancement Center

(618) 453-1272

[www.reccenter.siu.edu](http://www.reccenter.siu.edu)

**SIU**  
Southern  
Illinois  
University  
CARBONDALE

# Assessments and Consultations

All services are \$20 for members and \$35 for non-members.

## Fitness Assessment\*

- Help you develop a workout program to meet your needs
- Chart your progress
- Determine current health-related status and compare to age and sex norms
- Receive an in-depth report about your current fitness level

\*Only \$15 with Personal Training!

## Fitness Consultation

Let one of our personal trainers advise you on the most effective, efficient ways to attain your fitness goals.

## Exercise Program Design

Fine-tune your program to reach your personal best! A personal trainer can adjust your schedule to blast through plateaus and reach the goals you have been striving to attain.

## Cardiovascular Assessment

Learn how efficient your heart and lungs are with this quick, effective way to determine cardiovascular fitness. You will receive an individualized CV exercise prescription based on the results of your test.

## Weight Room Orientation

Learn how to operate our set-selectorized equipment. A recommended workout routine/exercise prescription is not included.

## Metabolic Test

Tired of diets that don't work? Find out how many calories your body burns in a day to tailor your diet to your metabolism.

## Nutrition Consultation

Meet with our nutritionist to analyze your diet and provide recommendations to help you achieve your goals.



## Cancelling/Rescheduling

To cancel and/or reschedule an appointment, contact your trainer directly or call our office at 453-1272. There is a 24-hour cancellation policy; missed sessions without this notice will be charged.

## Medical Clearance Policy Health History



If you answer "yes" to two or more of the following questions, you will need medical clearance from your physician to participate in our Personal Training program.

- Are you a male >45 years or female >55 years?
- Do you have a family history of heart disease or heart attacks before age 55 in a male relative or 65 in a female relative?
- Do you currently smoke/use tobacco?
- Do you have or have you ever had high blood pressure? (>140/90mm Hg)
- Do you have or have you ever had high cholesterol? (>200 mg dl)
- Are you diabetic?
- Do you have a BMI >30 or waist girth >120 cm for men or >88 cm for women?
- Are you currently sedentary? (Not engaging in regular physical activity)

Get **Fit**  
Get **Healthy**  
Get the  
**Best You**