

Personal Training Registration Protocol

UNC Campus Recreation Personal Training Services Summary and Costs

	Student	Non-Student
QuickStart	\$30	\$40
Fitness Specialist One on One		
4-10 Sessions	\$15/1 hr. session	\$21/1 hr. session
Personal Training One on One		
4-10 Sessions	\$18/1 hr. session	\$24/1 hr. session
11-20 Sessions	\$16/1 hr. session	\$22/1 hr. session
21+ Sessions	\$14/1 hr. session	\$20/1 hr. session
Buddy Session (min. of 4)	\$26/1 hr. session	\$36/1 hr. session
Fitness Assessments		
Body Composition Only	\$10	\$10
Full Assessment	\$20	\$20

**All sessions/services must be used within the semester purchased (by Friday of Finals Week). For the initial purchase of sessions clients must purchase a minimum of 4 sessions.*

Registration:

1. Personal Training services are under POS and registration packets are located in file drawer near POS computer.
2. **Collect payment and client registration packet (MUST BE COLLECTED AT THE SAME TIME), turn the receipt and client registration packet into the Fitness Mailbox.**
3. If client is purchasing additional sessions or a body composition test, the registration packet does not need to be refilled out, but a receipt still must be turned into the Fitness Mailbox.

Inform Clients:

1. Inform the client that their trainer will contact them to set up their initial assessment and subsequent sessions **within one week of purchase**.
2. Inform client of **cancellation policy**: If needed, sessions must be rescheduled 24 hours in advance or session will be forfeited (call your Trainer or the Campus Recreation front desk to leave a message for your trainer at 351-2062).
3. Inform client of **expiration** of sessions: All training sessions must be used within the semester purchased (by the Friday of Finals Week).

Other Notes:

- Clients must purchase a minimum of 4 sessions. The first session will be dedicated to a full-fitness assessment.
- All sessions must be used by the end of the semester, otherwise they expire and there is no refund.

Personal Training Policies

In order to help make your experience a positive one, we ask that you observe the following policies:

1. Payment and Client Registration Packet must be received before a trainer will be assigned. Personal Trainers cannot take session payments. Please pay for sessions at the Campus Recreation Entry Desk. Remember to keep your receipt for proof of purchase.
2. The first session of one on one sessions and buddy session will be dedicated to a full fitness assessment and goal setting/discussion.
3. **All training sessions must be used within the semester purchased (by the Friday of Finals Week).**
4. Call the Campus Recreation Entry Desk at 351-2062 if you know you will be late (Personal Trainers will wait 15 minutes and then that scheduled session will be forfeited). If you are late, the session will only last until the end of the hour for which that session was scheduled.
5. If needed, sessions must be rescheduled 24 hours in advance or session will be forfeited (call your Personal Trainer or the Campus Recreation front desk to leave a message for your trainer at 351-2062).
6. Be ready to work hard during each session; wear athletic type shoes and clothing; bring a towel and water bottle.

Fitness Assessment Pretest Guidelines

To assure the best possible accuracy of the fitness assessment, please follow the guidelines listed below.

1. No eating or drinking 4 hours prior to testing, (if able)
2. Please wear appropriate clothing for physical activity (shorts recommended)
3. No exercise 12 hours prior to testing
4. No alcohol consumption 48 hours prior to testing
5. No diuretic medications 7 days prior to testing
6. Female Patrons: please schedule your assessment to avoid menstruation

Source: advanced Fitness Assessment Exercise Prescription – Third Edition – Vivian H. Heyward

Services, Descriptions, & Costs

QuickStart

In this two hour QuickStart session you will meet with a Fitness Specialist to design a progressive workout plan to meet your fitness goals. Your workout will be based, not only on your goals, but also your workout preferences, fitness level, and available time. By utilizing the Fitness Specialist's demonstration and hands-on application, the QuickStart will enable you to have a clear understanding of how to complete your workouts on your own.

	Student	Non-Student
QuickStart (2 hour Session)	\$30	\$40

One on One Training

One on one training incorporates fitness assessments, goal setting, and health education into challenging workouts specially designed for each individual's specific needs and goals with a nationally certified Personal Trainer. The trainer will be there to instruct you on proper technique, exercise options, and at the same time motivate you to achieve your fitness goals. Each training session is one hour long.

	Student	Non-Student
4-10 Sessions	\$18.00	\$24.00
11-20 Sessions	\$16.00	\$22.00
21-50 Sessions	\$14.00	\$20.00

Fitness Specialist Training

Fitness Specialists are qualified trainers who have gone through adequate training, but have not yet obtained their national Personal Training certification. This training option is for someone who would like 4-10 one on one training sessions to become an independent exerciser with the following goals in mind:

- Learn the basics of working out and how to use a variety of equipment.
- Develop an effective workout regime to meet fitness and health goals.
- Gain the initial motivation to begin working out on a regular basis.
- Learn exercises and training techniques that are specific to your goals and how to integrate into your current workout regime.

	Student	Non-Student
4-10 Sessions	\$15	\$21

Buddy Sessions

Interested in personal training with a friend? Buddy sessions are a great option to help you save money and stay motivated.

	Student	Non-Student
Buddy Session	\$26/session	\$36/session

****All sessions (fitness specialist, one on one, and buddy) require a minimum purchase of 4 sessions and the first session is dedicated to a full fitness assessment and goal setting.***

Fitness Assessments

Fitness assessments are a great way to set initial goals and also gage your progress. Two types of fitness assessments are offered; body composition and a full fitness assessment. The body composition assessment includes, circumference measurements and body fat tests; including Bioelectrical Impedance (BIA) and skinfold site measurement. The full fitness assessment tests all components of fitness; body composition, flexibility, strength, and endurance.

Body Composition	Full Assessment
\$10.00	\$20.00

Personal Training Additional Information

Want individualized attention? The Personal Training may be just the thing to keep you motivated.

What is Personal Training?

Personal Training is one-on-one, partner, or small group instruction that incorporates fitness assessments, goal setting, and health education into challenging workouts specially designed for each individual's specific needs. The trainer will be there to instruct you on proper technique and exercise options, and at the same time motivate you to achieve your fitness goals.

Your Training Includes:

- A professional fitness assessment.
- One-on-one time with a qualified Trainer who will create an individualized exercise program based on your goals.
- Periodic re-assessment for tracking progress.

Why hire a Trainer?

- **Motivation:** Personal Trainers wear many hats, serving not only as a coach, but also as an educator, confidant, role model, and a major source of motivation.
- **Consistency:** Do you find it difficult to stick to your program? Scheduling regular appointments with a Personal Trainer helps eliminate any excuses you may come up with for not exercising.
- **Individualized Instruction:** An exercise program that works for one person may not work for another. A Personal Trainer will develop the most effective program for you based on your fitness assessment results and goals.
- **Effective Workouts:** Personal Trainers help maximize your time by providing workouts designed to meet your goals quickly and efficiently.
- **Safety:** A Personal Trainer will show you how to exercise safely (including exercises to avoid), and instruct you on the proper and safe execution of a variety of exercises. A Personal Trainer will observe, assist, and correct as needed.

Let us help you meet your fitness and wellness goals!

How to sign up

First, complete the Client Registration Packet, which is available at the front desk or online at: www.unco.edu/campusrec. Turn in your Client Registration Packet along with payment to the entry desk. If you have a preference, you can even select which trainer you would like to work with. Personal Trainer bios are available at the front desk or you can view them online. Within one week you will be contacted by your personal trainer to set-up your first appointment!