

# PERSONAL TRAINING

## Workouts to Go

Don't have time to meet with a personal trainer? The RecSports Personal Trainers can design a fitness program specialized for your needs. The program provides a workout guide so individuals can have a plan in mind before they hit the gym. Achieve your goals on your own time!

## Assessments

Before beginning an exercise program, fitness testing is conducted to provide a baseline measurement for your current fitness level. During your fitness assessment, your trainer will be testing the five components of fitness: cardiovascular endurance, muscular strength and endurance, flexibility and body composition. With these measurements, your trainer will design a personalized program to set realistic goals and a means of accomplishing them.

## Buddy Training

Buddy Training gives clients the option of inviting a friend to the session. Both clients will participate in training, motivating, and supporting their partner during a training session. Buddy training is great for beginners or individuals who have not experienced working out consistently with a partner. Both partners must be either a UT Student or a RecSports member to participate.

Personal training is the science of teaching a client how to correctly and efficiently use their body. It is a goal oriented program that is implemented through a trainer/client relationship. Programs consist of weight management, sport specific training, cardiovascular training, and long term life fitness. RecSports Personal Trainers provide their clients with the knowledge and motivation needed to reach their desired goals. Sessions last 60 minutes and will not meet more than twice per week.

## PACKAGE PRICES

Students Faculty/Staff

<b>Assessments</b>	<b>\$10</b>	<b>\$15</b>
<b>Buddy Sessions</b>		
<b>3 Sessions</b>	<b>\$60</b>	<b>\$65</b>
<b>6 Sessions</b>	<b>\$95</b>	<b>\$100</b>
<b>Additional Session (1)</b>	<b>\$20</b>	<b>\$25</b>
<b>Individual Sessions</b>		
<b>3 Sessions</b>	<b>\$50</b>	<b>\$60</b>
<b>6 Sessions</b>	<b>\$85</b>	<b>\$95</b>
<b>15 Sessions</b>	<b>\$225</b>	<b>\$235</b>
<b>Additional Session (1)</b>	<b>\$15</b>	<b>\$20</b>
<b>Workouts to Go!</b>	<b>\$15</b>	<b>\$20</b>
<b>Changes to Workout</b>	<b>\$10</b>	<b>\$15</b>