



CERTIFIED

Personal Training

- Become healthier and more confident in your fitness regimen.
- Focus on goal setting and attainment of those goals in a fun and safe environment.
- One-on-one sessions open to all students, staff, faculty, and administrators.

STUDENT FEES

*** New Prices in effect 10/1/2008**

Health Assessment:	\$25
1 Training Session:	\$25
3 Training Sessions:	\$65
10 Training Sessions:	\$200
Plus additional free health assessment!	

EMPLOYEE FEES

Health Assessment:	\$40
1 Training Session:	\$35
3 Training Sessions:	\$100
10 Training Sessions:	\$295
Plus additional free health assessment!	

**For questions or registration please visit
Shannon Foster, Assistant Director, or
Patty Wolbert, Administrative Assistant, 2ND floor
Power Recreation Center**