



FITNESS & WELLNESS PERSONAL TRAINING

A Personal Trainer will work with you to:

- Establish reachable and realistic goals
- Increase your fitness level
- Motivate you throughout the program
- Educate you in fitness by teaching S.M.A.R.T. training methods

A nationally certified fitness professional will assist you in developing an orderly exercise routine designed to meet your fitness goals and needs. Combining personal training with other fitness programs will provide you with the well-rounded package you need to improve your health and fitness. Personal Trainers also recommend and instruct proper exercise techniques while teaching safe and effective use of fitness equipment.

G.S.W. Student/Faculty/Staff (please select)	G.S.W. Fitness Member or HC (please select)
<input type="checkbox"/> Single One Hour Session: \$30	<input type="checkbox"/> Single One Hour Session: \$36
Includes consultation and exercise program	Includes consultation & exercise program

CONSULTATION & FITNESS ASSESSMENT INCLUDED WITH PURCHASE
 [\$12 per session/person – G.S.W.; \$18 per session/person – Community]

<input type="checkbox"/> 10-One Hour Sessions: \$120	<input type="checkbox"/> 10-One Hour Sessions: \$180
<input type="checkbox"/> 12-One Hour Sessions: \$144	<input type="checkbox"/> 12-One Hour Sessions: \$216
<input type="checkbox"/> 15-One Hour Sessions: \$180	<input type="checkbox"/> 15-One Hour Sessions: \$270
<input type="checkbox"/> 20-One Hour Sessions: \$240	<input type="checkbox"/> 20-One Hour Sessions: \$360

PARTNER TRAINING (2 people)	PARTNER TRAINING (2 people)
<input type="checkbox"/> 10-One Hour Partner Sessions: \$120/person	<input type="checkbox"/> 10-One Hour Partner Sessions: \$180/person
<input type="checkbox"/> 15-One Hour Partner Sessions: \$180	<input type="checkbox"/> 15-One Hour Partner Sessions: \$270
<input type="checkbox"/> 20-One Hour Partner Sessions: \$240	<input type="checkbox"/> 20-One Hour Partner Sessions: \$360

GROUP TRAINING

NUMBER IN GROUP	PRICING PER PERSON/SESSION
3 – 4 PEOPLE	\$144 [8 SESSIONS]
5 – 7 PEOPLE	\$120 [10 SESSIONS]
8 – 12 PEOPLE	\$90 [15 SESSIONS]

Partner or Group Training allows you and a friend to work out together. It is a great way to stay accountable and have fun while you get in shape. You and your friend(s) should have similar goals.

If you should have any questions concerning Personal Training at G.S.W., please contact Anna Champion
Anna.Champion@gsw.edu or (229) 931-2111 (Fitness Center)