

Personal Training Information Sheet

The Personal Trainers at the University of North Georgia are here to instruct beginning, intermediate, and advanced exercisers in the proper techniques and habits that will help them reach their desired fitness goals. Our trained staff will provide fitness programs tailored to your specific needs that will help you increase your fitness level. They will assist in this process by establishing reachable and realistic goals, providing motivation, and educating you in various aspects of fitness training.

It is required that before you start with your trainer you complete the consultation and assessment, to gain baseline information for you to see optimal results. We also recommend working out on your own, in addition to working with your personal trainer. It is our goal that you will learn the basics of working out and will be able to begin creating your own exercise plans after working with our trainers.

Let's Get Started Package*	
*If you are new to the UNG CRW Personal Training Program, you must complete the Let's Get Started Package prior to purchasing individual sessions and/or custom workout programs.	
Includes: Comprehensive Fitness Assessment and Consultation , 4-1 hour individual training sessions, and a UNG Fitness promo item	
Students	\$125
CRW Members	\$175

Individual Training	1 Session	4 Sessions	8 Sessions
Students	\$35	\$120	\$195
CRW Members	\$45	\$160	\$265

Assessment and Consultation: This is a 1-hour session with a personal trainer to assess current fitness level. The Personal trainer may conduct skinfold measurements, body composition, muscular strength and endurance, flexibility, and cardio level. Your personal trainer will talk about goals, goal setting, and you will work together to create a training program that is tailored to you.

Individual Personal Training Sessions: These are 1-hour long sessions. The personal trainer will take you through a workout based on your initial assessment conducted in the first session. We will match you with a personal trainer that best suits your goals and requests, but also note trainers have certain availability for the semester, we will do our best to accommodate. All sessions must be used during the semester in which they were purchased.

Group Training	4 Sessions	8 Sessions
Students	\$100 per participant	\$150 per participant
CRW Members	\$135 per participant	\$215 per participant

Group Training Sessions: These are 1-hour long sessions. The personal trainer will take you and a group of 2-3 people through a workout based on the group's initial assessment conducted in the first session. Your entire group must be present during each training session. The group should have common goals, and may consist of friends, or those with similar fitness experience. All sessions must be used during the semester in which they were purchased.

Custom Workout Program	4 Workouts PLUS 1-15 minute check-in with personal trainer	8 Workouts PLUS 2-15 minute check-in with personal trainer
All Members	\$100	\$165
Consultation Charge*	\$35	\$35

Custom Workout Programs: All custom workout programs are offered as an add-on option only after the participant has completed the Let's Get Started package. All workouts are provided for instructional purposes and the participant is responsible for the execution of the program. Programs are designed by a personal trainer, but sessions are not individually supervised.*If 90 days have elapsed between the last scheduled personal/group training session and the purchase of a custom workout program, a consultation will be required and a fee will be assessed. If more than 120 days have elapsed between the last scheduled personal/group training session and the purchase of a custom workout program, the client will be required to re-purchase and complete the Let's Get Started Package before a custom workout program package will be designed.

Interested individuals should contact Jenny White at Deondre.Johnson@ung.edu or 678-696-2709. **PERSONAL TRAINING PAPERWORK, AS WELL AS VERIFICATION OF PAYMENT** must be received by Campus Recreation and Wellness before services are provided. **NO APPOINTMENTS** will be made without payment. Based on the information turned in, a trainer will be assigned and you will be contacted for your first appointment.

North Georgia Personal Training is designed for healthy individuals within our campus community. The program is not designed for pre or post-natal women, individuals on medication, individuals under the direct care of a physician, or individuals with physiological injury. All males 45 years and above and all females 55 years and over are required to have a physician's approval prior to participating in this exercise program.