



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 your 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	
Includes: Comprehensive Fitness Consultation , 4-1hour training sessions, and a UNG Fitness promo item	
Students	\$100
CRW Members	\$125

*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.

Individual Training	1 Session	4 Sessions	8 Sessions
Students	\$30	\$80	\$145
CRW Members	\$35	\$100	\$185

*All Sessions must be used during the semester in which they were purchased.

Group Training	4 Sessions	8 Sessions
Students	\$70	\$130
CRW Members	\$90	\$170

*All Sessions must be used during the semester in which they were purchased.

Assessment and Consultation: This is a 1-hour session with a personal trainer to assess current fitness level. The Personal trainer will 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.

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.

Personal Training Etiquette

- Call the Rec Center at 706-864-1458 or contact your trainer if you will be late (trainers will wait 15 minutes before the scheduled session is forfeited). If you are late, the session will only last until the end of the hour.
- If needed, sessions should be rescheduled 24 hours in advance or they will be forfeited. You must call Campus Recreation and Wellness at 706-864-1622 or contact your personal trainer.
- Be ready to work hard during each session. You should wear athletic clothing, bring a water bottle, and UNG ID Card.

Interested individuals should contact Meri-Leigh Smith at Meri-Leigh.Smith@ung.edu or 706-867-3046. **PERSONAL TRAINING PAPERWORK, AS WELL AS VERIFICATION OF PAYMENT** must be turned in to Campus Recreation and Wellness. **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.