UNG | UNIVERSITY of NORTH GEORGIA™

CAMPUS RECREATION AND WELLNESS

Virtual Personal Training Information Sheet

The Personal Trainers at the University of North Georgia instruct beginning, intermediate, and advanced exercisers in proper techniques and habits that will help them reach their desired fitness goals. Our trainers will provide fitness programs tailored to your needs to 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.

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

Virtual Let's Get Started Package			
Includes: Comprehensive Virtual 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.

Virtual 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.

Virtual Fitness to Go Package	
Includes: 30 minute virtual consultation, a 4 week-3/x week program (12 workouts), and 4 weekly check ins (15 min)	
Students	$60
CRW Members	$75

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

Virtual Assessment and Consultation: This virtual 1-hour session let's 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 goal setting, and you will work together to create a training program that is tailored to you.

Virtual Individual Personal Training Sessions: These are virtual 1-hour long sessions. The personal trainer will take you through a workout based on your initial assessment. You will be matched with a personal trainer that best suits your goals and requests. Please note trainers have certain availability each semester but, we will do our best to accommodate. You are responsible for equipment, if needed.

Virtual Fitness to Go Package: This is a personalized fitness plan that includes a 30-minute virtual consultation to discuss goals and provides a personalized written plan, provided by a Personal Trainer. This package includes a 4 week- 3x/week program (12 workouts) and Weekly Check-ins (4 weeks) of approximately 10-15 minutes via phone call or virtual live chat.

Virtual Personal Training Etiquette
- Message 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 message your personal trainer.
- Be ready to work hard during each session. Wear athletic clothing. You must have access to a webcam and audio (Smart Phones are acceptable).

Interested individuals should contact Meri-Leigh Smith at Meri-Leigh.Smith@ung.edu or 706-867-3046.

PERSONAL TRAINING PAPERWORK AND VERIFICATION OF PAYMENT must be turned in to Campus Recreation and Wellness to schedule an appointment. Based on the information turned in, a trainer will contact you for your first appointment.

Personal Training is designed for healthy individuals. 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.