

# PERSONAL TRAINING



## INDIVIDUAL TRAINING

Sessions	Currently Enrolled Student	Current Fitness Center Member
1	\$25	\$30
5	\$105	\$115
10	\$200	\$220
15	\$285	\$315
30	\$540	\$600

1-on-1 training allows the personal trainer to develop a personal relationship while providing a customized workout to help participants achieve their fitness goals.

## BUDDY TRAINING (2 INDIVIDUALS)

Sessions	Currently Enrolled Student	Current Fitness Center Member
1	\$16/person	\$23/person
5	\$62/person	\$110/person
10	\$115/person	\$180/person
15	\$165/person	\$240/person
30	\$320/person	\$420/person

Having a partner is a great option for those wanting more accountability, who don't like to work out alone, and/or a more affordable option. Get healthy together!

### FITNESS ASSESSMENT

\$25

**FREE Fitness Assessment** with the purchase of any personal training package



### WORKOUTS TO GO

\$5 – 1 workout  
\$20 – 5 workouts

### BRING A PERSONAL TRAINER TO YOU!

Bring a Personal Trainer to your organization/department event!

Three options:  
\$28 for 1 hour of...

- A) Group training session
- B) Health/fitness info session
- C) Combo of A and B

For questions or to set up personal training sessions, contact:  
(678) 466-4971



Individuals requiring disability-related accommodations for participation in any Clayton State University sponsored event or program may contact the Disability Resource Center at (678)-466-5445 or [DisabilityResourceCenter@clayton.edu](mailto:DisabilityResourceCenter@clayton.edu)