



Fall 2018 – Personal Training Rates - NONMEMBER

INDIVIDUAL PACKAGES	
PACKAGE	PRICE
Bronze - 5	\$129.00
Silver - 10	\$219.00
Gold - 15	\$279.00
Maroon - 42	\$710.00

GROUP TRAINING (Cost is split between 2-4 PEOPLE)	
PACKAGE/SESSION #	PRICE
Bronze - 5	\$199.00
Silver - 10	\$349.00
Gold - 15	\$465.00

Additional options:

Single assessment - \$12.00 / Full assessment - \$22.00

HOW TO SIGN UP:

1. Visit <http://urec.msstate.edu/>
2. Click on *Fitness & Group Exercise* link; then *Fitness Assessment, Personal Training & Nutrition* link
3. Fill out both PDF forms labeled *Par-Q Health Questionnaire* and *Client Profile and Availability*
 - Return via email to Fitness Coordinator, Julie Kelly at jk1815@msstate.edu or turn into the member services office in the front of the Sanderson Center

Definition of Service

Single Assessment: One-time, choice of one of the following Micro-Fit Assessments: body composition, muscular endurance, aerobic endurance, flexibility

Full Assessment: One-time, comprehensive Micro-Fit Assessment profile consisting of body composition, muscular endurance, aerobic endurance and flexibility

Training Packages (Individual): Includes comprehensive Micro-Fit Assessment profile, exercise routine, and number of sessions according to the package level purchased

**Maroon Package is limited to 3 sessions weekly*

Training Packages (Group): Comprehensive Micro-Fit Assessment profile, exercise routine, and number of sessions according to the package level purchased for 2-4 people (MAX of 4 people)

***Personal Training Membership Only Participants, may only use the facility during their scheduled session with a trainer.**

CANCELLATION & REFUND POLICY:

You must cancel your scheduled sessions at least 24 hours in advance. There will be no make-up sessions awarded without a proper cancellation. Please contact your assigned trainer to cancel sessions.

There will be no refunds issued for unused sessions. Remaining sessions may transfer over to another semester.

Please contact Fitness Coordinator at jk1815@msstate.edu or 662-325-0022 with additional questions.