



Fall 2018 – Personal Training Rates

INDIVIDUAL TRAINING	
PACKAGE/SESSION #	PRICE
Bronze - 5	\$99.00
Silver - 10	\$179.00
Gold - 15	\$249.00
Half Maroon - 21	\$325.00
Maroon - 42	\$649.00
SPECIAL Half Maroon - 21 Expires 8/31	\$300.00
SPECIAL Maroon- 42 Expires 8/31	\$599.00
Individual - 1	\$25.00

GROUP TRAINING (cost split between 2-4 people)	
PACKAGE/SESSION #	PRICE
Bronze - 5	\$149.00
Silver - 10	\$269.00
Gold - 15	\$375.00
SPECIAL Gold- 15 Expires 8/31	\$349.00
Individual session	\$35.00

Additional options:

Single assessment - \$6.00 / Full assessment - \$11.00 / Program and Orientation - \$35.00

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

Program and Orientation: One-time, comprehensive Micro-Fit Assessment profile, exercise routine, and equipment orientation

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)

Additional Sessions: May be purchased by clients who do wish to purchase an amount different than offered by packages. *First time clients may not purchase additional sessions and must go through assessment process

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.