

PERSONAL TRAINING

Let Us Help You Achieve Your Wellness Goals



REGISTRATION FORM

Personal Training is available to Campus Recreation Center members. To obtain services, please complete the registration form. Additional health history will be provided when payment is made. Payment may be made in-person in the Campus Recreation Center office. Payment must be received before services are rendered. Once all paperwork and payment are received, you will be contacted within three business days to schedule your initial consultation and fitness assessment.

PERSONAL INFORMATION

Name _____

Home/Cell Phone _____

Email _____

Sex: Male Female Age _____

Please Check One:

- Faculty Staff Student
 Retired Faculty Dependent Spouse

SERVICE(S) REQUESTED Check all that apply.

- One Session Package, \$20
 Five Session Package, \$65
 Ten Session Package, \$110
 Phase I Personal Program, \$50
 Phase II Personal Program, \$35
 One Partner Training Session, \$15/person
 Five Partner Training Sessions, \$50/person

Continued on reverse. Please fill out completely.

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Education is the Key to a Healthy You!

CAMPUS RECREATION AND WELLNESS | RECCENTER.WCU.EDU



WHAT CAN A TRAINER DO FOR YOU?

Personal trainers help instruct and educate you on the most successful ways to improve your health and fitness.

Consider the following benefits a trainer can provide for you:

- Assess your health history and level of conditioning
- Create and accomplish long and short term fitness goals
- Ensure a safe and effective workout
- Teach new training skills
- Enhance your mind, body, and spirit
- Improve overall fitness
- Provide motivation and accountability

FITNESS ASSESSMENT

A fitness assessment is an excellent way to begin your personal workout program. Fitness assessments help determine your baseline fitness level by measuring your individual strengths and weaknesses. The results of the fitness assessment assist in determining the best fitness program for your individual needs.

A fitness assessment includes the following assessments:

- Resting Heart Rate & Blood Pressure
- Circumferences & Body Composition
- Muscular Strength & Endurance
- Cardiovascular Fitness & Flexibility

A fitness assessment is required before you begin personal training and is included in the cost of all personal training packages.

NUTRITION SERVICES

Nutrition goes hand in hand with personal training and is an important aspect of reaching your health and fitness goals. Campus Recreation & Wellness nutrition interns offer drop-in "Ask a Nutritionist" hours at various times throughout the academic year to answer your general nutrition questions. Drop-in hours are posted in the Campus Recreation Center.

If you feel you may have a medically-based condition related to or affected by nutrition, a Registered Dietitian is available at Health Services during the academic year. Please contact Health Services at 828.227.7640 to schedule an appointment.

YOUR PERSONAL PROGRAM

These packages are designed for individuals who are self-motivated and want to work independently. A personal trainer will develop an exercise program specifically to fit your goals.

Phase I \$50
Fitness Assessment, 2 Personal Training Sessions, and a Personal Exercise Program (8 weeks).

Phase II \$35
1 Reassessment/Personal Training Session, and Personal Exercise Program (8 weeks).

INDIVIDUAL TRAINING SESSIONS

These packages are designed for clients who are looking for someone to keep them motivated and accountable. Each package includes a fitness assessment plus the number of indicated sessions*.

One Session Package	\$20
Five Session Package	\$65
Ten Session Package	\$110

**All personal training sessions are 1 hour in length.*

PARTNER TRAINING SESSIONS

We also offer personal training for you and your workout partner. To get the most out of your sessions, it is recommended that you and your friend have a common goal and similar workouts.

One Partner Session	\$15/person
Five Partner Sessions	\$50/person

** All personal training packages are non-refundable. Single and Five session packages are good for 60 days from the original date of purchase. Ten session packages are good for 120 days from the original date of purchase.*

REGISTRATION FORM CONTINUED

AVAILABILITY

To better accommodate your training needs, please indicate your best days and times for sessions.

Days	Times
<input type="checkbox"/> Mondays	_____
<input type="checkbox"/> Tuesdays	_____
<input type="checkbox"/> Wednesdays	_____
<input type="checkbox"/> Thursdays	_____
<input type="checkbox"/> Fridays	_____
<input type="checkbox"/> Saturdays	_____
<input type="checkbox"/> Sundays	_____

Trainer Requested _____

Make Checks Payable To:

WCU Campus Recreation Center

379 Memorial Drive | Cullowhee, NC 28723

OFFICE USE ONLY:

DATE: _____ AMOUNT: _____ STAFF: _____