

Registration Form

Name: _____

Check One: ☐ Student OR ☐ Employee/Other

Phone _____

Email _____

L# _____

Program of Interest:

☐ **Fitness Orientation – FREE (once per year)**
(Complete Health & Medical History Questionnaire Form)

☐ **Fitness Assessment - \$30**
(Complete Health & Medical History Questionnaire Form)

☐ **Body Fat Testing - \$10**
(no additional paperwork necessary)

Personal Training Program (PT)
(Complete Health & Medical History Questionnaire Form)

One-on-One

- ☐ **3 PT Sessions Package** (Stud-\$85/Empl-\$105)
- ☐ **5 PT Session Package** (Stud-\$130/Empl-\$165)
- ☐ **10 PT Session PT Package** (\$300-Employees Only)

"Buddy" Program (2-on1)

- ☐ **3 PT Sessions Package** (Stud-\$63/Empl-\$80)
- ☐ **5 PT Session Package** (Stud-\$99/Empl-\$125)

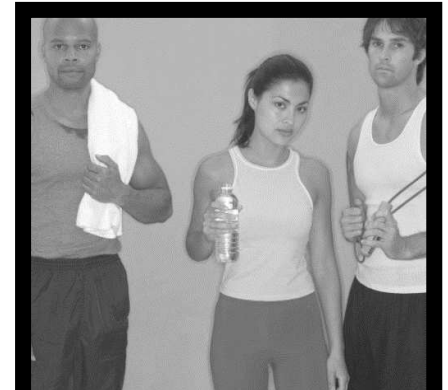
Buddy: _____

Total Enclosed: _____

Please enclose the required paperwork (listed in brochure) and this registration form along with payment, if necessary to Room 134A Kirby Sports Center. Checks payable to "Lafayette College" Do not send cash through campus mail. Expect to receive an e-mail to set up your first appointment.

Questions about Personal Training

Contact: howellk@lafayette.edu



Individual Fitness Programs

- **Personal Training**
- **Fitness Orientation**
- **Fitness Assessment**
- **Body Fat Testing**

(610) 330-5770
recreation@lafayette.edu

If you require accommodations to access any programs or services, please contact the Office of Disability Services at 610-330-5080.

Choose the Individual Fitness Program for You

"Jump Start your Exercise Routine"

FITNESS ORIENTATION

Are you new to exercising or do you just want to learn how to use our exercise equipment correctly? A fitness orientation may be perfect for you. Seek advice from our staff and receive a total body workout that takes into account:

- current exercise program
- fitness goals
- health / injury history

This service includes strength training, cardiovascular exercise, and stretching. In this one hour appointment, we will take you through each step of your new exercise program.

This service is recommended for all new fitness center users. For more detailed guidance try one of our personal training packages.

PERSONAL TRAINING

- Need some motivation? Training for an event?
- Have you reached a plateau? Need a more challenging workout?
- Looking for more stamina or more strength?
- Exercise with the trainer for some "insider tips" to make your workout more intense and effective!

Allow our experienced, certified Personal Trainer coach you through a personalized workout!

One-on-One Training Packages

3 Sessions: Student \$ 85	Emp/Sp/Child: \$105
5 Sessions: Student \$130	Emp/Sp/Child: \$165
10 Sessions: (not available)	Emp/Sp/Child: \$300

Buddy Training Packages

(Prices listed are per person)

3 Sessions: Student \$63	Employee or Spouse \$80
5 Sessions: Student \$99	Employee or Spouse \$125

Beginner or advanced customized workouts for you and your buddy. Programs can include plyometrics, unique strength training techniques and more depending on your needs.

**TRAIN WITH A
FRIEND - SAVE \$\$**

A Health History Questionnaire must be completed before a Fitness Orientation, Fitness Assessment or Personal Training session can begin. Forms are available at the Fitness Desk.

FITNESS ASSESSMENT

Find out how fit you are compared to others your age and gender. One of our certified fitness professionals will have you perform a series of tests to gauge your flexibility, cardiovascular fitness, muscular fitness, and body composition.

Cost: \$30

BODY FAT TESTING

Using skin fold calipers, body fat can be measured at various sites on the body. It takes less than 5 minutes.

Why? Identify a baseline measurement, monitor progress and the effectiveness of your exercise program, provide incentive and motivation to improve your health.

Cost: \$10

