Working with a Recreation and Wellness personal trainer is an effective way to help you achieve your health and fitness goals. Your trainer will:

- Develop a customized workout plan specific to your needs
- Instruct you through proper weight lifting form and technique
- Increase motivation and understanding of fitness

Student Rec Center Offers:

- 38,000 sq. feet of functional space

- Treadmills
- Elliptical’s
- Stationary Bikes
- Weight Machines
- Flat Screen TV’s
- Free Weights
- Body Bars
- Jump Ropes
- Rowing Machines
- Stepper Machines
- Arc Trainers
- Stretch Cage
- Arm Ergometer
- Adaptive Motion Trainer
- Cable Machine

- Kettle Bells
- BOSU’s
- Agility Ladders
- Group Ex. Studio
- Resistance Bands
- Medicine Balls
- Physio Balls
- Spinning Bikes
- Boxing Equipment
- 2 Gymnasium Courts
- Abs Coasters
- Olympic Platform
- Swimming Pool
- Plyo Boxes
- Ab Wheels and MORE!

For more information on Personal Training check the website at www.imrec.armstrong.edu or call Megan Feasel, Director of the Student Rec Center (912) 344-3089
megan.feasel@armstrong.edu
Individual & Group Sessions

What to expect
Your trainer will develop a program based on your interests, goals, and current fitness level. The first meeting with your trainer will include 30 minutes of goal setting and program development and 30 minutes of fitness testing/health assessment. Subsequent sessions will include 60 minutes of cardiovascular, muscular conditioning, and/or flexibility exercises working towards achieving your fitness goals.

How to get Started
1. You MUST be a member of the Student Recreation Center and possess a valid Pirate ID Card.
2. Pick up the personal training agreement form from the Student Recreation Center (SRC) or online.
3. Packages can be paid in full at the front desk of the SRC or at the cashier’s office in Burnett Hall prior to first training session. For Burnett Hall payments are to be deposited into Recreation Center Account # 1227010 and can be paid with cash, check, credit card or Pirate Cash. To pay at the SRC, pay with Pirate Cash (To put money on your Pirate Card log into SHIP), or Credit Card or Debit Card.
4. Complete the interest form in this brochure and return to Megan Feasel or the SRC front desk.
5. You will be contacted within 24 hours by a personal trainer to schedule a time to complete a health history questionnaire and discuss general fitness goals. Based on your response, you might be required to obtain a physician’s clearance prior to beginning your training sessions.
6. Client must present receipt to the trainer the day of the health assessment.
7. Client must provide 24 hour notice to trainer when cancelling an appointment to avoid getting charged for that session.
8. Each session is 60 minutes in length

Fitness Heath Assessment Includes:
Cardiovascular, flexibility, muscular strength and endurance tests, circumference measurements, body fat analysis, caliper skin folds, and blood pressure readings.

The Trainers
The personal training staff is comprised of nationally certified Armstrong students and affiliates interested and educated in exercise science, physical education, sports medicine, or a related field. You may choose your own personal trainer providing they are available. Look on our website for bio’s of the trainers.

Packages & Prices

<table>
<thead>
<tr>
<th>Individual Packages</th>
<th>Student</th>
<th>Faculty/Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$30</td>
<td>$40</td>
</tr>
<tr>
<td>3 sessions</td>
<td>$70</td>
<td>$90</td>
</tr>
<tr>
<td>5 sessions</td>
<td>$110</td>
<td>$125</td>
</tr>
<tr>
<td>12 sessions</td>
<td>$250</td>
<td>$282</td>
</tr>
<tr>
<td>Group 2 people (5 sessions)</td>
<td>$140</td>
<td>$160</td>
</tr>
<tr>
<td>(12 sessions) Group 2 people</td>
<td>$288</td>
<td>$336</td>
</tr>
</tbody>
</table>

1 session purchased = 1 fitness health assessment and exercise plan (without trainer).

The Health Assessment is mandatory before any exercise can be given by the trainer.

To meet with the trainer one-on-one in the weight room you must purchase a minimum of 2 sessions.

Fitness Heath Assessment Includes:
Cardiovascular, flexibility, muscular strength and endurance tests, circumference measurements, body fat analysis, caliper skin folds, and blood pressure readings.

Interest Form

Name ________________________________
Home Phone ________________________________
Work Phone ________________________________
Address __________________________________
Email ____________________________________

Sex: __ Male __ Female
Birth date ________________________________
Check one:
   ___ Student
   ___ Faculty/Staff

Please indicate preferred package and days and times you are available to work with a personal trainer. Times must fit into a 60-minute time block. Not all days and times may be available due to trainers' individual schedules.

   __ 1 Session  __ 3 Sessions  __ 5 Sessions  __ 12 Sessions
Monday ________________________________
Tuesday ________________________________
Wednesday ________________________________
Thursday ________________________________
Friday ________________________________
Saturday ________________________________
Sunday ________________________________

Preference in Trainer

Please list any injuries that might better prepare the personal trainer.

Please list fitness goals that you would like to achieve during your training sessions.