

# Personal Training

## Personal Training Policies:

Personal Training on the premises of the Colvin Recreation Center is restricted to F.I.T. First Personal Trainers only. Any participant who is conducting or is suspected of conducting personal training with a patron in the CRC facility and is not a member of our staff, will have their membership privileges reviewed and/or revoked.

- All required forms must be completed, current, and on-file prior to each session.
- All forms expire one year from completion date or as medical history or payment method changes.
- All patrons must wear appropriate footwear and clothing to each session.

**Cancellation Policy**—Personal trainers must be notified 24 hours in advance of scheduled sessions. The patron must receive verbal confirmation of cancellation from the trainer. If you do not appear for a scheduled appointment or fail to give 24 hrs. notice, you will be charged for the full session.

**Refund Policy**—If you choose to request a refund, the coordinator will consider refunding remaining session costs minus a \$25 processing fee.

**Expiration Policy**—All purchased sessions expire 6 months after the date of purchase. Free Personal Training certificates and Gift Certificates expire one year after the date of distribution or purchase. Considerations may be made by the coordinator.

**Initial Contact**—Your information will be given to a trainer and you should be contacted within 7 days. If for some reason, you aren't contacted, please phone Lindsay Brown at 744-7374.

## One on One Training

Price includes one session as fitness	3 sessions	\$70
Assessment.	5 sessions	\$115
Each session is one hour in length.	10 sessions	\$230

## Buddy Training

Scared to try it for yourself? Take advantage of our Buddy Training program. Finding a workout partner helps to increase motivation and fun. When choosing a workout partner you need to remember to:

- Choose someone with similar goals in mind
- Make sure you and your partner's schedule coordinate.

3 sessions	\$115
5 sessions	\$190
10 sess.	\$380

