Fit For Holidays

This four week personal training program is designed to initiate a proactive approach to fitness throughout the holiday season. Get into a healthy mindset before the unhealthy holiday behaviors set in. You will meet with a personal trainer twice a week for four weeks.

**Dates:** Oct. 24<sup>th</sup> – Nov. 18<sup>th</sup>

**Registration:**

- Individuals must sign up in the Health & Fitness Lab between **Oct. 10<sup>th</sup> & Oct. 19<sup>th</sup>**.
- Each participant must complete a PAR-Q & consent form.
- Clients are allowed to sign up for discounted buddy training only if both individuals have similar goals and can be scheduled for the same dates/times.

**Price:**

- Students - $40 (Buddy – $35)
- Fac/Staff - $45 (Buddy – $40)
- Community - $50 (Buddy – $45)

**Session Information:**

- Each client will receive 2 personal training session per week
  - Total of 8 PT sessions
- Sessions = 1hr in length
- Training will take place in our private, individualized personal training room with the same trainer each session.
- Initial Assessment/Consultation (Oct. 17<sup>th</sup> – Oct. 21<sup>st</sup>) & Post Assessment (Nov. 21-22 or earlier)
  - 30 minutes
  - Goal Setting/Evaluation
- Each client will also receive a cardio exercise recommendation/tracking card
  - Clients will be advised to participate in cardio exercise outside of their program sessions to aid in the accomplishment of their goals.
- Clients can NOT reschedule appointments or extend their program past Nov. 18<sup>th</sup>
  - Must try to make each and every appointment.
  - If the client arrives more than 30 minutes late, the appointment is forfeited.