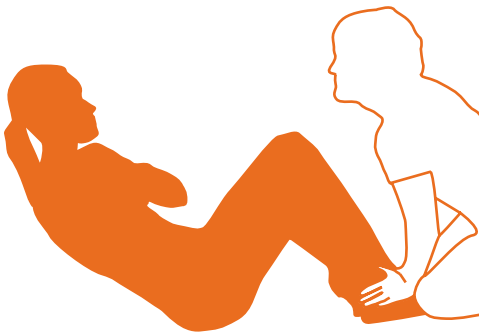


FITNESS



PERSONAL TRAINING

www.pdx.edu/recreation/personal-training



INDIVIDUAL PACKAGES

These one-on-one sessions provide individual attention specific to your unique goals and needs. Certified personal trainers utilize your medical & exercise history, goals, and assessment results to design an exercise program just for you.

3 sessions for \$54 (\$18/session)

6 sessions for \$102 (\$17/session)

10 sessions for \$160 (\$16/session)

Additional sessions \$20

BUDDY PACKAGES

Choose a friend and receive the benefits of working with a personal trainer for a fraction of the price. Certified personal trainers will work with you and your buddy together to help you reach your fitness goals.

3 sessions for \$84 (\$14/session)

6 sessions for \$156 (\$13/session)

10 sessions for \$240 (\$12/session)

Additional sessions \$30

Your first purchase of a package of 3 or more sessions includes a FREE 30 minute consultation with your trainer.

FITNESS



PERSONAL TRAINING

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FITNESS ASSESSMENT - \$10

Includes body composition, blood pressure, resting heart rate, aerobic fitness, muscular endurance, and flexibility tests. Results are interpreted and compared to national averages to help you understand your current level of fitness.

BODY COMPOSITION TEST - \$5

Skin fold calipers are used to measure percent body fat versus lean mass. Circumference measurements are also available. Results are interpreted and recommendations are made as necessary.

How do I get started?

1

Select a personal trainer. Bios can be found on the fitness website listed above.

2

Purchase Personal Training Sessions at the member services counter at the Rec Center.

3

Complete new client paperwork, which you will receive at time of purchase. You can also download or view the material on the fitness website.

4

Your personal trainer will contact you within 48 hours to set up your FREE 30 minute consultation. Please bring your new client paperwork with you.

For special accommodations please contact Alex Accetta at alexa@pdx.edu