

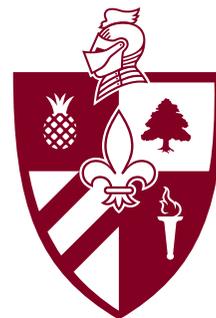
Personal Training

Whether you need to get healthy, spice up your workout, or start from the very beginning the SuRF Center's personal training program will help you achieve your goals!

The SuRF Center's personal training program provides quality one-on-one fitness instruction that will help you reach your personal best. A nationally certified personal trainer will work individually with you to design a program tailored to meet your needs, goals and experience level.

Questions?

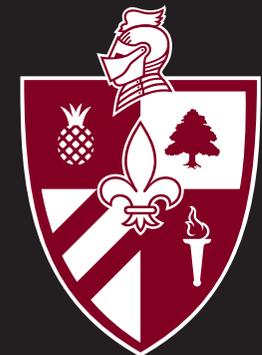
Contact Clare Dever, Director of Campus Recreation, at cdever@bellarmine.edu or 502.272.8326.



**BELLARMINE
UNIVERSITY**
IN VERITATIS AMORE

2001 Newburg Road | Louisville, KY 40205

PERSONAL TRAINING



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What should I expect with personal training?

1 session is a great choice for healthy individuals with exercise experience that need a basic fitness program or desire to have an orientation to the fitness equipment.

5 sessions are ideal for individuals of all fitness levels that want to learn a thorough fitness/strength training program or expand/readjust an already existing program.

10 sessions are recommended for individuals who want to achieve long-term goals, stay motivated and build a solid exercise program, while making a lasting commitment to personal health and fitness.

Fitness Assessment Packages of 5 and 10 sessions incorporate an initial fitness assessment which includes an evaluation of your current health, disease risk, body composition, and cardiovascular/muscular fitness. Information from your assessment will assist your personal trainer in developing a fitness program that meets your individual needs.

Each session is 60 minutes in length.

Personal Training Packages

| | Free Sessions | 1 Session | 5 Sessions | 10 Sessions | Sponsored by |
|---------------|---------------|-----------|------------|-------------|-----------------|
| Student | 1 | \$20 | \$95 | \$180 | SGA |
| Faculty/Staff | 3 | \$22 | \$105 | \$200 | Human Resources |

How do I get started?

- Complete the required personal training forms which are available on the HR website under “Well Being” or at the SuRF front desk.
- Bring your completed forms to the SuRF Center and pay for your personal training sessions.
- You will be contacted within 2-3 business days to discuss your forms and set up your first personal training session.
- Weight Loss

What are the benefits of personal training?

- Muscle Toning & Strengthening
- Improved Metabolism
- Performance Enhancement
- Personalized Instruction
- Motivation

