PERSONAL TRAINING
Let Us Help You Achieve Your Wellness Goals

REGISTRATION FORM

Personal Training services are available to Campus Recreation Center members. To obtain this service, please complete the registration form. An additional health history form will be provided when payment is made. Payment may be made in-person in the Campus Recreation Center office. Payment must be received before services are rendered.

Once payment and all paperwork is received, you will be contacted within three business days to schedule your initial consultation and fitness assessment.

PERSONAL INFORMATION

Name ____________________________________________

Home/Cell Phone _______________________________________

Email ________________________________________________

Gender: □ Male □ Female □ Transgender
□ Genderqueer □ Other

Please Check One:
□ Faculty □ Staff □ Student
□ Retired Faculty □ Dependent □ Spouse

SERVICE(S) REQUESTED  Check all that apply.

□ One Session Package $20
□ Five Session Package $65
□ Ten Session Package $110
□ Phase I Personal Program $50
□ Phase II Personal Program $35
□ Four Group Training Sessions $25 / person
□ Eight Group Training Sessions $50 / person
□ Fitness Assessment $15

Continued on reverse. Please fill out completely.

reccenter.wcu.edu / 828.227.7069
YOUR PERSONAL PROGRAM
These packages are designed for individuals who are self-motivated and want to work independently. A personal trainer will develop an exercise program specifically to fit your goals.

Phase I $50
Fitness Assessment, 2 Personal Training Sessions, and a Personal Exercise Program (8 weeks.)

Phase II $35
1 Reassessment / Personal Training Session, and Personal Exercise Program (8 weeks.)

INDIVIDUAL TRAINING SESSIONS
These packages are designed for clients who are looking for someone to keep them motivated and accountable. Each package includes a fitness assessment plus the number of indicated sessions.*

One Session $20
Five Session Package $65
Ten Session Package $110

*All personal training sessions are 1 hour in length.

SMALL GROUP TRAINING
These packages are designed for a group of 2-6 individuals and incorporate individual coaching from a certified personal trainer. To get the most out of your sessions, it is recommended that your group has a common goal and similar workouts.

Four Sessions $25 / person
Eight Sessions $50 / person

*All personal training packages are nonrefundable. Single and Five session packages are good for 60 days from the original date of purchase. Ten session packages are good for 120 days from the original date of purchase.

Achieve your health and wellness goals with the help of a Personal Trainer.

WHAT CAN A TRAINER DO FOR YOU?
Personal trainers help instruct and educate you on the most successful ways to improve your health and fitness.
Consider the following services a trainer can provide for you:
- Assess your health history and level of conditioning
- Create and accomplish long and short term fitness goals
- Ensure a safe and effective workout
- Teach new training skills
- Enhance your mind, body, and spirit
- Improve overall fitness
- Provide motivation and accountability

FITNESS ASSESSMENT
A fitness assessment is an excellent way to begin your personal workout program. Fitness Assessments help determine your individual baseline fitness level by measuring your individual strengths and weaknesses. The results of the fitness assessment assist in determining the best fitness program for your individual needs.

A fitness assessment includes the following assessments:
- Resting heart rate and blood pressure
- Circumferences and body composition
- Muscular strength and endurance
- Cardiovascular fitness and flexibility

NUTRITION SERVICES
Nutrition goes hand in hand with personal training and is an important aspect of reaching your health and fitness goals.
Campus Recreation and Wellness nutrition interns offer drop-in “Ask a Nutritionist” hours at various times throughout the academic year to answer your general nutrition questions.

If you feel you may have a medically-based condition related to or affected by nutrition, a Registered Dietician is available at Health Services during the academic year. Please contact Health Services at 828.227.7640 to schedule an appointment.

EDUCATION IS THE KEY TO A HEALTHY YOU!

Make Checks Payable To:
WCU Campus Recreation Center
379 Memorial Drive
Cullowhee, NC 28723