Whether you are at the very beginning of your wellness journey, or you are training for a competitive event, Campus Recreation’s certified Personal Trainers can share their expertise to fit your needs.

Our personal trainers are nationally certified and each offers a unique set of experience and skills to their clients. Not sure which trainer is right for you? Please contact the Fitness Coordinator, Taylor Sidore, at 970-491-5682 or taylor.sidore@colostate.edu to get personalized direction and matching. Ready to sign-up? Register for an Initial Package at the Student Recreation Center Service Center desk.

PERSONAL TRAINING REGISTRATION

New clients must complete the Personal Training Registration Form. Registration forms are available at the Student Recreation Center Service Center or online. Payment and completed registration form must be dropped off at the Student Recreation Center Service Center. After that, you’ll be matched with a trainer (within 24 hours) who will then contact you to set up your first appointment.

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PERSONAL TRAINING PACKAGES

CAMPUS RECREATION
COLORADO STATE UNIVERSITY
FITNESS ASSESSMENTS

Everyone has different fitness abilities. In this one-hour session, a trainer will put you through a series of tests to measure several components of fitness including cardiovascular, muscular strength, muscular endurance, body composition, flexibility and more based on your health related fitness goals. Your trainer will then be able to develop appropriate exercise recommendations, establish realistic fitness goals, chart progress, and determine your current health status.

Note: This session is ideal for those that are not quite sure Personal Training is what they need but would still like to know their health status as a jumpstart or for those who are already in their own fitness regimen looking for baseline measurements to assess their progress. If you are ready to begin training, look to the Initial Package for further information.

INITIAL PACKAGE

Prior to beginning personal training sessions, it is important for your trainer to get to know you, what you like to do, how your body moves and how you prefer to engage in movement. The Initial Package contains two sessions. The first, a Fitness Assessment to gather information such as past exercise history, functional movement tests, and anything the trainer deems appropriate to help you succeed based on the goals you discuss. The second session is a training session used as a baseline assessment to then use to compare later on down the road. This package is suitable for anyone who wants to assess their fitness, receive a baseline workout and program from a personal trainer. The Initial Package is required for anyone continuing on to purchase any of the training packages offered.

The Initial Package includes the following:
- 1-hour Fitness Assessment
- Guidance on setting goals
- 1-hour Personal Training Session
- Instruction of using weight and cardio machines
- Fitness program

PACKAGES

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<thead>
<tr>
<th>Session Package</th>
<th>Cost for Package</th>
<th>Cost Per Session</th>
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<tbody>
<tr>
<td>Fitness Assessment</td>
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<tr>
<td>Initial Package (Fitness assessment + 1 training session) Required for all new PT clients</td>
<td>$40</td>
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<td>PT Sessions - 5</td>
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<td>PT Partner Sessions - 20</td>
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ONE-ON-ONE TRAINING SESSIONS

Work with one of our nationally certified personal trainers one-on-one to receive individualized feedback and help eliminate barriers to exercise. By working with a trainer, you will have your own motivator rooting for your success every step of the way. They will take many factors in to account when creating a personalized program such as your movement interests and goals.

*Must complete Initial Package prior to purchasing training sessions.

**If you have worked with a personal trainer in the last year and are looking to renew, ask the Service Center for a renewal form.

PARTNER TRAINING SESSIONS

Looking for a more affordable option? Work out with your friends with Partner Training to save money. This is a great way to keep each other accountable and have fun while working towards your health and fitness goals.

When choosing a workout partner, please keep the following in mind:

- Be sure to coordinate schedules prior to signing up. This will not only ensure that you can make the commitment together, but also makes scheduling an appointment with a trainer more feasible.
- Each session, both clients must be present to train. If something occurs last minute and one cannot attend, the session will be docked from both accounts even if only one client is present.

* Prices include ONE client; therefore, each individual must have purchased a package before being assigned to a trainer.

** Each individual must complete an Initial Assessment prior to first session. This can be completed individually or together depending on the goal of the training sessions.