

NGCSU
Department of Recreational Sports
Personal Training Information Sheet

The purpose of this program is to instruct beginning, intermediate, and advanced exercisers in the proper techniques and habits that will help them reach their desired fitness goals.

Trained staff will provide fitness programs tailored to your specific needs that will help you increase your fitness level. Trainers will assist in this process by establishing reachable and realistic goals, providing motivation, and educating you in various aspects of fitness training.

The program will include cardiovascular, resistance, and flexibility training. Each session will last one hour. Before the initial training session, participants will undergo a Fitness Assessment and consultation to aid the trainer in putting together an appropriate program.

	1 Session (+ Assessment)	3 Sessions (+ Assessment)	6 Sessions (+ Assessment)
Students, Faculty & Staff	\$25	\$60	\$110
Community Members	\$30	\$75	\$130

*All Sessions must be used during the semester in which they were purchased.

Personal Training Etiquette

- Payment can only be taken the NGCSU Business Office. Neither the trainer nor the Recreational Sports department will take payments.
- Call the NGCSU Wellness Center at 706-864-1458 if you will be late (trainers will wait 15 minutes before the schedules session is forfeited). If you are late, the session will only last until the end of the hour for which that session was scheduled.
- If needed, sessions should be rescheduled 12 hours in advance or they will be forfeited. To do so, you must call the Recreational Sports Department at 706-864-1622.
- Be ready to work hard during each session. You should wear athletic clothing, bring a water bottle, and have your I.D. Card.

Interested individuals should pay for sessions at the NGCSU Business Office. **PERSONAL TRAINING PAPERWORK(LOCATED ON THE REC SPORTS FITNESS WEB SITE) AS WELL AS VERIFICATION OF PAYMENT** must be turned in to the Recreational Sports Department, 022 Memorial Hall. **NO APPOINTMENTS** will be made without a receipt from the Business Office. Based on the information turned in to the Recreational Sports Office, you will be assigned a trainer, and contacted for your first appointment.

NGCSU Personal Training is designed for healthy individuals within our campus community. The program is not designed for pre or post-natal women, individuals on medication, individuals under the direct care of a physician, or individuals with physiological injury. All males 45 years and above and all females 55 years and over are required to have a physician's approval prior to participating in this exercise program.

Questions? Look on the Rec Sports web site www.ngcsu.edu/recsports or contact Mindy Henderson at mbhenderson@ngcsu.edu.



Business Office Use Only

Personal Training Rates

	1 Session	3 Sessions	6 Sessions
Students, Faculty & Staff	\$25	\$60	\$110
Community Members	\$30	\$75	\$130

*Money should be deposited into Recreational Sports Account # 452615 13000 11000