

Personal Training Information Sheet

Personal trainers are available for students, faculty, staff and affiliates who have a valid Campus Recreation Center Membership including Non Campus Recreation Center. Guidelines and rates are outlined below. Our goal is to educate and empower students and members on how to properly use and incorporate important aspects of fitness and conditioning in their life.

Scheduling

Potential clients should fill out the Personal Training Information Packet found online. Completed packets should be returned to the Campus Recreation Center. If a physician's clearance is required, there may be a slight delay in the commencement of training. A fitness assessment may be provided with the purchase of a Personal Training Package. This may include: blood pressure screening, resting and exercise heart rate, body composition analysis, muscular strength and endurance testing, flexibility testing and goal setting.

Client Cancellation Policy

Clients who are unable to attend a scheduled session should call their trainer to cancel. In the event that the trainer cannot be reached, leave a message for the Manager of Fitness and Wellness at 631-632-7263 at least 24 hours in advance. If the client does not call at least 24 hours in advance, they will be charged for the scheduled session.

Lateness Policy

Trainers are obligated to wait 15 minutes for their clients. After 15 minutes have passed, the trainer is not required to lead the session. Sessions starting late will still be completed one hour from the original, scheduled start time. Please communicate with your trainer.

Session Length

Personal training sessions are at least one hour in length.

Package Expiration

All personal training sessions expire 3 months from the date of purchase.

Rates

INDIVIDUAL PERSONAL TRAINING PACKAGES for MEMBERS

	<u>Student</u>	<u>Faculty/Staff/Affiliate</u>
1 SESSION:	\$40.00	\$45.00
5 SESSIONS:	\$180.00	\$205.00
10 SESSIONS:	\$320.00	\$370.00

GROUP TRAINING PACKAGES for MEMBERS

Do you and a friend share similar fitness goals? By teaming up with a friend, you'll save money and have a great workout partner! There is a maximum of two clients per trainer.

	<u>Student</u>	<u>Faculty/Staff/Affiliate</u>
1 SESSION:	\$35.00/person	\$40.00/person
5 SESSIONS:	\$140.00/person	\$165.00/person
10 SESSIONS:	\$260.00/person	\$310.00/person

INDIVIDUAL PERSONAL TRAINING PACKAGES for NON-MEMBERS

	<u>Graduate Student</u>	<u>Faculty/Staff/Affiliate</u>
1 SESSION:	\$45.00/person	\$50.00/person
5 SESSIONS:	\$205.00/person	\$230.00/person
10 SESSIONS:	\$370.00/person	\$420.00/person

All sessions must be paid for in advance and due at time of completed paperwork in the Campus Recreation Center. Members please log in to the "Online Portal" from the right to purchase online, or visit <https://members.reccenter.stonybrook.edu/default.aspx>. The prices will update when they are added to your cart. Non Members please stop into the Campus Recreation Center for purchase. For additional information, please call the Campus Recreation Center at (631) 632-7168.