

Registration Form

Name: _____

Check One: Student OR Employee/Other

Phone _____

Email _____

Personal Training Program (PT)

(Complete Health & Medical History Questionnaire Form)

One-on-One (60 minute sessions)

3 PT Sessions Package (Stud-\$70 / Empl-\$105)

5 PT Session Package (Stud-\$110 / Empl-\$165)

One-on-One (30 minute sessions)

3 PT Sessions Package (Stud-\$50 / Empl - NA)

5 PT Session Package (Stud-\$80 / Empl-\$130)

"Buddy" Program (2-on1)

(60 minute session - price per person)

3 PT Sessions Package (Stud-\$55 / Empl-\$90)

5 PT Session Package (Stud-\$85 / Empl-\$130)

Buddy: _____

Fitness Orientation – FREE (once per year)

(Complete Health & Medical History Questionnaire Form)

Fitness Assessment - \$30

(Complete Health & Medical History Questionnaire Form)

Body Fat Testing - \$10

(no additional paperwork necessary)

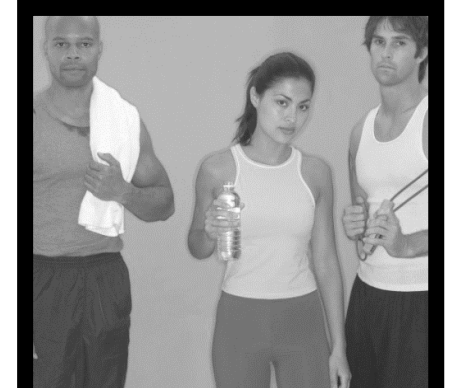
Total Enclosed: _____

**ALL PERSONAL TRAINING SESSIONS EXPIRE
within 6 months from 1st session date**

*Please enclose the required paperwork (listed in brochure)
and this registration form along with payment, if necessary
to Room 134A Kirby Sports Center. Checks payable to
"Lafayette College" Do not send cash through campus mail.
Expect to receive an e-mail to set up your first appointment.*

Questions about Personal Training

Contact: howellk@lafayette.edu



Individual Fitness Programs

- **Personal Training**
- **Fitness Orientation**
- **Fitness Assessment**
- **Body Fat Testing**

(610) 330-5770
recreation@lafayette.edu

If you require accommodations to access any programs or services, please contact the Office of Disability Services at 610-330-5080.

Choose the Individual Fitness Program for You

“Jump Start your Exercise Routine”



FITNESS ORIENTATION

Are you new to exercising or do you just want to learn how to use our exercise equipment correctly? Seek advice from our staff and receive a total body workout that takes into account:

- current exercise program
- fitness goals
- health / injury history

In this one hour appointment, we will take you through each step of your new exercise program.

This service is recommended for all new fitness center users. For more detailed guidance-try one of our personal training packages.

PERSONAL TRAINING

- Need some motivation? Training for an event?
- Have you reached a plateau? Need a more challenging workout?
- Looking for more stamina or more strength?
- Exercise with the trainer for some “insider tips” to make your workout more intense and effective!

Allow our experienced, certified Personal Trainer coach you through a personalized workout!

One-on-One Training Packages

60 minute sessions

3 Sessions: Student \$ 70 Emp/Sp/Child: \$105

5 Sessions: Student \$110 Emp/Sp/Child: \$165

30 minute sessions

3 Sessions: Student \$ 50 Emp/Sp/Child: not avail

5 Sessions: Student \$ 80 Emp/Sp/Child: \$130

Buddy Training Packages

(60 minute sessions)

3 Sessions: Student \$55 Employee or Spouse \$90

5 Sessions: Student \$85 Employee or Spouse \$130

(Prices listed are per person)

**TRAIN WITH A
FRIEND - SAVE \$\$**

FITNESS ASSESSMENT

The purpose of the fitness assessment is to determine your fitness goals, discuss any injuries, review health and exercise history, as well as discuss nutrition as it relates to your fitness goals. Through a combination of discussion and a series of functional movement assessments, this information is used to develop a tailored, effective and safe training strategy. The assessment is recommended before beginning any personal training program.

Cost: \$30

BODY FAT TESTING

Using skin fold calipers, body fat can be measured at various sites on the body. It takes less than 5 minutes.

Why? Identify a baseline measurement, monitor progress and the effectiveness of your exercise program, provide incentive and motivation to improve your health.

Cost: \$10



A Health History Questionnaire must be completed before a Fitness Orientation, Fitness Assessment or Personal Training session can begin. Forms are available at the Reception Desk.