

# PERSONAL TRAINING PROGRAM

Whether you need assistance with weight loss, sport specific conditioning, injury rehabilitation or overall health, our personal training program is your means to effectively achieving your goals. Northwestern University's personal training program provides quality fitness instruction and motivation for goal attainment; easily accommodating the needs of all individuals. One of our certified personal trainers will work with you to design a program that is tailored to meet your personal goals and interests, as well as provide the necessary guidance to achieve your personal best.

Northwestern University personal training offers two (2) personal trainer levels and a variety of packages designed to meet your unique health and fitness goals. *Please see reverse side for further information about personal trainer levels.*

INDIVIDUAL TRAINING PACKAGES		
	STAFF TRAINER	MASTER TRAINER
(1) 60-minute session (fitness consultation)		
Student/member	\$49	\$64
Non-member	\$59	\$69
(3) 60-minute sessions + fitness assessment		
Student/member	\$139	\$179
Non-member	\$169	\$194
(6) 60-minute sessions + fitness assessment		
Student/member	\$259	\$324
Non-member	\$319	\$359
(12) 60-minute sessions + fitness assessment		
Student/member	\$484	\$589
Non-member	\$599	\$659
(12) 30-minute sessions + fitness assessment		
Student/member	\$339	\$429
Non-member	\$399	\$459

Individual personal training packages include a fitness assessment -- heart rate, blood pressure, body composition analysis, muscular strength/endurance tests, flexibility/range of motion analysis, cardiovascular fitness test, health risk appraisal, goal assessment and individual consultation.

GROUP TRAINING PACKAGES		**WORKOUT WITH A FRIEND**	
2 PEOPLE (2 individuals to 1 trainer)	STAFF TRAINER	MASTER TRAINER	
(3) 60-minute sessions			
Student/member	\$208/group	\$104/person	\$298/group
Non-member	\$268/group	\$134/person	\$328/group
(6) 60-minute sessions			
Student/member	\$398/group	\$199/person	\$528/group
Non-member	\$518/group	\$259/person	\$588/group
<b>4 PEOPLE (4 individuals to 1 trainer)</b>			
(3) 60-minute sessions			
Student/member	\$316/group	\$79/person	\$396/group
Non-member	\$396/group	\$99/person	\$476/group
(6) 60-minute sessions			
Student/member	\$516/group	\$129/person	\$716/group
Non-member	\$636/group	\$159/person	\$876/group

*Whatever your fitness goals, we'll help you get there!*

## PERSONAL TRAINER LEVELS

All personal trainers adhere to Northwestern University's high standards of excellence and have the education, credentials, expertise, and resources needed to help you succeed.

### Staff Trainer

All staff trainers must complete and adhere to the following standards:

1. Possess a national level certification in personal training or related field and CPR.
2. In pursuit of advanced education and training in fitness, wellness, or a related field.

#### A staff personal trainer may be the best choice if you:

- want to develop a solid, safe and effective fitness routine.
- are a beginner or intermediate exerciser looking to refine/update your fitness routine.
- want a motivating, reliable, and skilled fitness coach that can address a variety of fitness and weight management concerns.
- have well directed health and fitness goals you wish to achieve.
- are healthy and possess no limitations to exercise such as chronic disease or illness.

### Master Trainer

All master trainers must complete and adhere to the following standards:

1. Possess a national level certification in personal training or related field and CPR.
2. Possess specialized certifications and/or education in fitness, wellness, or a related field.
3. Hold a bachelor's and/or master's degree in a health/fitness field and 3-5 years experience as a personal trainer.\*
4. Ongoing advanced education and training in fitness, wellness, or related field.  
(\* or comparable experience as determined by the Assistant Director Fitness/Wellness

#### A master personal trainer may be the best choice if you:

- wish to develop a specialized exercise routine utilizing advanced training and exercise techniques.
- are an advanced exerciser looking to train for sports or special athletic competitions such as marathons or triathlons.
- want a seasoned fitness coach that will motivate and challenge you to obtain the highest level of health and fitness.
- need constant guidance and assistance with setting/attaining goals.
- possess considerable limitations to exercise, such as chronic diseases or injuries, are under a doctor's care, or have special needs that should be addressed within your exercise program.

Visit [www.fitrec.northwestern.edu](http://www.fitrec.northwestern.edu) to meet our staff, read individual biographies and determine which trainer level is best for you.