

PERSONAL TRAINING

INITIAL TRAINING PACKAGE

Get a personalized workout at an affordable price. Our certified personal training staff will provide guidance, support, and instruction to keep you motivated to reach your fitness goals

- Develop short and long term fitness goals
- Create an individualized workout plan
- Increase personal exercise knowledge
- Master proper exercise techniques
- Incorporate strength, resistance, flexibility, cardiovascular, and balance training.

Initial Training Package	Time	Description	Price
Session 1	60 minutes	Review health history, perform initial physical assessments and set clear and realistic fitness goals	\$55
Session 2	60 minutes	Instruction on proper exercise techniques and implementation of an individualized workout program	

*New clients must start with the Initial Training Package

Sign up at the **SRC SERVICE CENTER**

FITNESS ASSESSMENTS

Fitness Assessments are recommended for participants as a comprehensive physical assessment to determine current level of fitness. Each session starts with: postural check, movement screens, resting heart rate, resting blood pressure, height, weight, and body composition.

Fitness Assessment	Focus	# Sessions	Time	Price
Health-Related Fitness Assessment	Cardio respiratory fitness, muscle endurance and strength, flexibility and balance	1	60 mins	\$30
Skill-Related Fitness Assessment	Anaerobic power, anaerobic capacity, speed, agility, reactivity and coordination			

BODY COMPOSITION

Meet with a personal trainer to have your body composition measured and discuss strategies to safely make changes to your results.

Service	Focus	# Sessions	Time	Price
Body Composition Only	Measure body composition using skin fold and circumference techniques	1	30 mins	\$20



UNIVERSITY OF
OREGON

Division of Student Life

Physical Education and Recreation

UO Student Recreation Center
1320 E. 15th Ave. Eugene, OR 97403
uorec.uoregon.edu
541-346-4183