## GROUP X WORKOUTS

- SRC access is required for all classes/workouts
- Unlimited workout passes are only valid during the term of purchase
- 1, 5, 10, and 20 workout passes do not have an expiration date
- For more information contact Jessica Graham at jlg@uoregon.edu
- *Purchase workout pass at SRC Service Center

### PERSONAL TRAINING SERVICES

- Initial training package: Two 60-minute sessions [$55]
- Fitness assessments: One 60-minute session [$30]
- Body composition: One 30-minute session [$20]
- *Sign up at the SRC Service Center

### SMALL GROUP TRAINING

- Small Group Training (SGT) offers workout sessions that focus on a specialized format, individual progression and skill development
- Maximize your workout in a short time frame with the help of a personal trainer
- Groups range from 4-22 people and are based on various fitness goals
- Workouts are scheduled in 8-week blocks (twice a week for 60 minutes)

**Olympic Lifting & Women's Only Olympic Lifting:** Individuals will learn and practice the basics of the two Olympic lifts (snatch and clean and jerk). This is an opportunity to work on form and technique while increasing your explosive power.

**TRX Suspension Trainer:** Individuals will complete total body circuits on the TRX suspension trainer to improve flexibility, agility, balance and overall strength.

**BoxFit:** A combination of cardio, boxing, and martial arts to improve aerobic fitness, reaction time, flexibility, coordination, and balance. Individuals will learn techniques to perform punches, kicks, footwork and defensive tactics!

**Yoga:** Build strength through performing isometric and dynamic yoga poses and flowing through sun salutations while increasing full body flexibility. Learn more about your individual practice and notice improvements through this intimate small group setting!

**Ballet Strength:** Ballet based workout that will focus on body awareness, strength, flexibility and balance. No dance experience necessary.

**CrossFit:** Through highly functional movements build strength, endurance, power and agility in a supportive, encouraging, team-oriented environment.
- *Sign up at the SRC Service Center*

### Workouts Price Cost/Session

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<th># Workouts</th>
<th>Price</th>
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