



Personal Training Information Packet

Personal trainers are available for students, faculty, staff and affiliates who have a valid Campus Recreation Center Membership. Guidelines and rates are outlined below.

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 one hour long.

Package Expiration

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

Rates

INDIVIDUAL PERSONAL TRAINING PACKAGES

	<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

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

All sessions must be paid for in advance and due at time of completed paperwork in the Campus Recreation Center. 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. For additional information, please call the Campus Recreation Center at (631) 632-7168.