

UCA HPER FITNESS CENTER

PERSONAL TRAINING INFORMATION SHEET



INITIAL PACKAGES (individual)

- 3 training sessions + assessment
\$90
- 5 training sessions + assessment
\$120
- 8 training sessions + assessment
\$175
- 11 training sessions + assessment
\$225

INITIAL PACKAGES (group of 2)

- 3 training sessions + assessment
\$120 (\$60/person)
- 5 training sessions + assessment
\$175 (\$87.50/person)
- 8 training sessions + assessment
\$255 (\$127.50/person)
- 11 training sessions + assessment
\$330 (\$165/person)



INITIAL PACKAGES (group of 3)

- 3 training sessions + assessment
\$162 (\$54/person)
- 5 training sessions + assessment
\$225 (\$75/person)
- 8 training sessions + assessment
\$336 (\$112/person)
- 11 training sessions + assessment
\$435 (\$145/person)

RULES:

- Packages must be used in the semester they are purchased, Unused packages will not be refunded.
- A comprehensive fitness assessment must be done before training session with initial package.
- Comprehensive fitness assessment will be required annually.
- You will be charged a session if you do not show up for your scheduled session. *Rescheduling must be done 24 hrs prior.*

All Personal Trainers are certified by organizations accredited by the NCCA
View our HPER Center webpage (www.uca.edu/hper) to see our trainer bios
For more information please stop by the HPER Center (8:00-4:30pm) or contact
Arian Story at 501.852.2575 or arians@uca.edu