

# Personal Training

<b><u>In Person</u></b>		
	<b>Student</b>	<b>Membership, Faculty, Staff</b>
<b><u>60-Minute Sessions</u></b>		
<b>1 session</b>	\$35	\$50
<b>5 sessions</b>	\$170	\$245
<b>10 sessions</b>	\$330	\$480
<b>20 sessions</b>	\$640	\$940
<b><u>30-Minute Sessions</u></b>		
<b>5 sessions</b>	\$120	\$145
<b>10 sessions</b>	\$230	\$280
<b>20 sessions</b>	\$440	\$540
<b><u>Buddy Packages</u></b>		
<b>5 sessions</b>	\$145	\$190
<b>10 sessions</b>	\$280	\$370

<b><u>Virtual Personal Training</u></b>		
	<b>Student</b>	<b>Membership, Faculty, Staff</b>
<b><u>60-Minute Sessions</u></b>		
<b>1 session</b>	\$25	\$45
<b>5 sessions</b>	\$120	\$220
<b>10 sessions</b>	\$230	\$430
<b>20 sessions</b>	\$440	\$840
<b><u>30-Minute Sessions</u></b>		
<b>5 sessions</b>	\$100	\$130
<b>10 sessions</b>	\$190	\$250
<b>20 sessions</b>	\$360	\$480
<b><u>Buddy Packages</u></b>		
<b>5 sessions</b>	\$145	\$170
<b>10 sessions</b>	\$280	\$330

For more policies and procedures visit [www.recwell.emory.edu](http://www.recwell.emory.edu)



**Assessment:** Prior to beginning any training sessions, a comprehensive fitness appraisal must be conducted to determine fitness and collect baseline data.

**Buddy Packages:** One-hour sessions with one trainer per two clients. Price listed is individual cost per person.

**Package Expiration:** Sessions must be completed within the time frames below. Unused sessions will be forfeited and not refunded.

5 sessions: 30 days

10 sessions: 60 days

20 Sessions: 90 days