

Your center for campus recreation

Personal Training Program

- Are you new to exercise? Have you wanted to improve your workouts? Do you have questions about fitness? If you answered YES to any of these questions, NU's personal training program is right for you.
- Our personal trainer can help you get into the *right* routine for *YOU!* We offer a variety of training packages to suite any needs you may have.
- The first session consists of a fitness evaluation. Here the personal trainer will sit down with you to discuss goals and various fitness questions. After that, you will perform a few initial fitness tests to gauge your exercise capability. Lastly, you will be given a body analysis test to determine your weight and body fat percentage.
- In the sessions following your first, you will be given a workout program that will help you meet your exercise goals. The personal trainer will walk you through each step so you will be able to perform the workout by yourself.

Full Time Undergraduates

- 1 Half hour session - \$5
- 3 Half hour sessions - \$10
- 5 Half hour sessions - \$15
- 10 Half hour sessions - \$25

All Others

- 1 Half hour session - \$10
- 3 Half hour sessions - \$25
- 5 Half hour sessions - \$40
- 10 Half hour sessions - \$70

NIAGARA UNIVERSITY KIERNAN RECREATION CENTER

For more information or to schedule a training session please contact:

Jason Elliott
B.S. Kinesiology Exercise Science
Phone: 286-8055
Fax: 286-8648



Registration Form on Back

Personal Trainer Registration Form

Name:	Date:
Cell Phone #:	Alternate Phone #
Residence/Address:	Student ID #:
E-mail:	
STATUS (Please circle one): Full Time Undergrad KC Community Member Graduate/Part-Time Student NU Employee Other	

CANCELLATION POLICY

Clients and members of the Kiernan Center's personal training program should be aware of the cancellation policy in effect regarding no shows and cancellation of appointments. It is understood that a cancellation is necessary at times. The Kiernan Center's policy states that you are allowed one (1) cancellation or no show. After the one missing of appointment, you will be re-contacted for another appointment. Upon scheduling for another appointment, if that appointment is either missed or cancelled, the client will lose all remaining sessions and/or money invested in the personal training program. I, _____ agree to the terms and conditions of this cancellation policy.

Signature _____ Date _____

OFFICE USE ONLY	PERSONAL TRAINER FEE	Staff Initials
DATE:	AMOUNT: \$	