

PERSONAL TRAINING

IGNITE YOUR FITNESS

Become stronger, healthier, and more confident with our **Personal Training Program**, a fully customized fitness experience built around your goals. Our certified personal trainers work with participants of all fitness levels, from beginners learning proper form to athletes focused on performance and conditioning.

- Individualized workout plans tailored to your goals, abilities, and needs
- Coaching sessions for proper technique, motivation, and accountability
- Goal setting and progress tracking to keep you on a clear path forward
- Support and guidance for building sustainable, long-term fitness habits

STANDARD PERSONAL TRAINING

1	INTRO PACKAGE REQUIRED 45 minute fitness consultation/assessment 45 minute training session with your trainer	\$50	
2	After completing the Intro Package, you are ready to start scheduling regular sessions! All sessions are 45 minutes.	\$100 \$150 \$275	3 Sessions 5 Sessions 10 Sessions

HYBRID PERSONAL TRAINING

Buddy Training	Option that allows two clients to share a personal trainer to help reduce the cost per person. Intro Package: \$30/person	\$60/person \$90/person \$160/person	3 Sessions 5 Sessions 10 Sessions
Program Design	Program design can be a stand alone offering or can be blended with personal training to allow both in-person instruction and the ability to take guidance and complete on your own. Each program design package will include a 30-minute instruction session with one of our personal trainers.	\$40 \$50 \$60	2 workouts/week 3 workouts/week 4 workouts/week



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UNK CAMPUS RECREATION