

PERSONAL TRAINING



PRICING GUIDE

Current Pricing

Must have a Rec Services membership to purchase Personal Training Sessions

New clients must complete request form first and then purchase session from link within the request form

Current clients will receive renewal payment link via e-mail prior to package session completion

Package Type	Description	# of sessions	price	Price per session	Best choice For
First Step	60 minute sessions	4	\$140	\$35.00	New to training
Five Week	60 minute sessions- 2 x per week	10	\$320	\$32.00	All clients
Seven Weeks	60 minute sessions- 2 x per week	14	\$420	\$30.00	All clients
Semester	60 minute sessions 2-3 x per week	30	\$750	\$25.00	All clients
Small Group	60 minute sessions (price per person)	12	\$312	\$26.00	All clients
Focus Training	30 minute sessions	11	\$198	\$18.00	Completed First Step

Sessions will expire six months from the date of purchase. The above listed time frame is an estimated completion if consistent weekly participation is accomplished.

HOW TO REGISTER:

GO TO WWW.RECSERVICES.IASTATE.EDU/FITNESS/PT/ AND FILL OUT THE REQUEST FORM