

# Fitness Training Programs

Personal Training is an excellent way to get started exercising, or to take your workouts to the next level. Our certified Personal Trainers will design an individualized training program that can help you prepare for a particular sport or event, recover from an injury or manage your weight.

Our team of trainers will give you the attention and motivation you need to be successful, regardless of age, experience or skill level. Invest in yourself and take the next step toward becoming your best.

## Start Training Today!

Complete and submit the online [Client Interest Form](#). Clients will be matched with a Personal Trainer based on availability, goals and preferred training modalities.

## One-on-One Personal Training

One-on-One Personal Training allows members of the Student Recreation Center to schedule their workouts when its convenient for them. It also provides individual motivation and accountability, instruction on proper form and technique, and offers workouts that are customized to their specific needs.

### Prices:

Session Package	Price
1	\$35
3	\$75
6	\$135
10	\$215

\*Significant discount per session when purchasing larger session packages.

## Partner Training

Partner Personal Training offers members all of the benefits of One-on-One Personal Training with the added benefit of reaching their fitness goals alongside a partner.

### Prices:

Session Package	Price
1	\$25
3	\$55
6	\$100
10	\$160

\*Significant discount per session when purchasing larger session packages.

\*\*Prices are **per person**.

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## Small Group Training (2022)

If you're looking for a unique training style outside of group fitness, a structured program that allows for individualized instruction, and accountability from your investment in yourself and your instructor, then SGT is for you!

**Session 1** begins September 19 and ends October 14.

**Session 2** begins October 18 and ends November 12.

### SGT Class Schedule

Class	Days	Time
Strength Training	Mondays, Tuesdays, Wednesdays, Thursdays	4:30–5:30 p.m.
Functional Fitness	Tuesdays, Thursdays	3:00–4:00 p.m.

*Note: All classes have a four-person minimum and a six-person maximum.*

### Cost

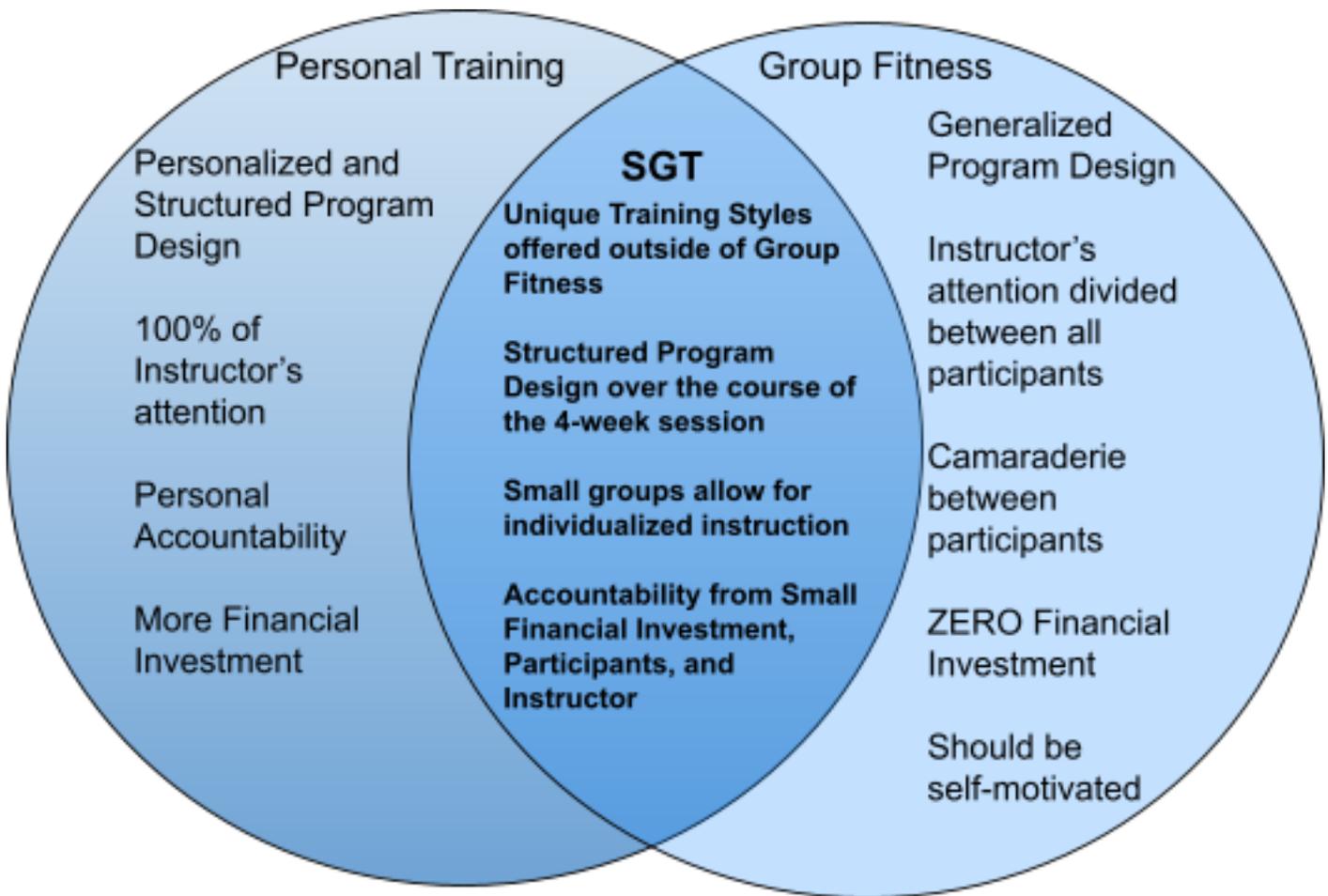
SGT costs \$42 a session. Sessions run for 4 weeks and meet twice a week for a total of 8 sessions. (Roughly \$5 a class)

To sign up, visit <https://tinyurl.com/CSUSGTRegistration>

For more information, visit <https://tinyurl.com/CSUFitnessTrainingPrograms>

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Now what? How do you decide which program is right for you? Let us help!



Still have questions? Contact Lauren Davis for more information at [706-507-8662](tel:706-507-8662) or [davis\\_lauren1@columbusstate.edu](mailto:davis_lauren1@columbusstate.edu)