



Fitness Consultation/Evaluation (30 minutes)

Fitness trainer will administer body fat testing; establish weight, measurements, and flexibility testing. These results are used to develop or advance a fitness routine and/or target goals for future assessments.

Students/Staff/Faculty:	Free
Family Members of Staff/faculty	\$15
Alumni/Senior 62+	\$25
Community:	\$35

Individualized Exercise Program (60 Minutes)

A fitness program will be designed from the results of the fitness evaluation and developed to aid the exerciser in meeting their specific fitness goals. Please come dressed for exercise, each exercise will be explained and participate will be asked to demonstrate.

Student/Staff/Faculty	Free
Family Member of Staff/faculty	\$25
Alumni/Senior 62+	\$35
Community Member	\$45

To set-up an appointment, please contact the front desk at 610-929-6715