

WHY

GET A PERSONAL TRAINER?

COACHING

Inspiring you to achieve your health and fitness goals. Want to tone your body but don't know how? We can help with toning, building endurance, feeling and looking good.

MOTIVATING

Are you coming up with excuses not to workout? When you're feeling lazy and need that extra push, our trainers will keep you motivated about being active. We promise to make it fun!

PERSONALIZING

We'll design a plan that fits your daily lifestyle. Our goal is to find activities that you enjoy. Whether you want to burn some fat, build strength, or just feel healthier, we will create the program for you.



WHAT CAN I EXPECT?

New to the gym? Don't let that stop you. With the purchase of any session, our trainers will personalize a workout to fit your health and fitness goals.

Fill out the questionnaire online at www.wvu.edu/campusrec and you will be contacted by one of our qualified personal trainers before getting started.



"Thanks to the SRC personal trainers, I'm in the best shape of my life!" -Jim Kaepernick

SRC TRAINERS ARE QUALIFIED

YOUR HEALTH AND SAFETY IS OUR PRIORITY.

Our trainers hold certifications from accredited organizations, such as American Council on Exercise, American College of Sports Medicine, and National Strength and Conditioning Association, giving you the most current information from the field of exercise science.

WHAT TIMES ARE TRAINERS AVAILABLE?

We have trainers that will work around your schedule. Just like you, trainers are students with very busy lives. They are available at varying times, and will work with you to schedule times convenient for you.

NOW INTRODUCING: TRX TRAINING



HOW MUCH DOES IT COST?

WWU STUDENT

1 HOUR	\$25
3 HOURS	\$75
6 HOURS	\$130
10 HOURS	\$200

NON-WWU STUDENT

1 HOUR	\$35
3 HOURS	\$105
6 HOURS	\$180
10 HOURS	\$250

LOWEST PRICE

Train with a buddy for **HALF THE PRICE.**
(Students only)

FREE 60 MIN. CONSULTATION/EVALUATION.
UNDIVIDED ATTENTION.
POSITIVE RESULTS.

READY TO START?
NEED MORE INFORMATION?



Getting Started

www.wvu.edu/campusrec

Online Questionnaire

WKSRC

PERSONAL TRAINERS



Ron.Arnold@wwu.edu