

PERSONAL TRAINING

Our nationally-certified Personal Trainers will develop a comprehensive fitness program specifically for you. New clients must start with a Fitness Assessment to gather baseline data. From there, we'll evaluate your fitness goals, develop a personalized work out plan, teach you how to properly perform resistance training, cardiovascular conditioning and *keep you motivated*. From those just getting started on their fitness journey to the weekend warrior and everyone in between, we've got you covered. Appointments required, contact us today!

SERVICE	UTHealth STUDENT	CURRENT MEMBER	ELIGIBLE MEMBER
FITNESS ASSESSMENT	\$30	\$35	\$50

Fitness Assessment includes an all-inclusive fitness assessment complete with body composition analysis, cardiovascular endurance test, muscular strength/endurance test, flexibility test and body fat percentage. Required for new clients, but also available to purchase for anyone interested in baseline information.

30 MINUTE SESSIONS		
# OF SESSIONS	UTHealth STUDENT	CURRENT MEMBER
1	\$25	\$35
4	\$95	\$135
8	\$185	\$265

60 MINUTE SESSIONS		
# OF SESSIONS	UTHealth STUDENT	CURRENT MEMBER
1	\$35	\$45
4	\$135	\$175
8	\$265	\$345

EXPIRATION	Packages of 1, 4 or 8 are expected to be completed within 1 – 8 weeks, respectively. Once timeframe has expired, sessions may not be used or considered for refunds.
CANCELLATION	Participants are required to cancel session with trainer <u>at least 4 hours prior</u> to the session. Within 4 hours, client is still required to pay for session. Excessive cancellations or changes may affect consideration or eligibility for future sessions.
REFUNDS	Once sessions have expired, refunds are no longer considered. <i>Refunds may be issued for the following circumstances:</i> 1. Upon doctor's order, you cannot participate in physical activity for an extended period. 2. You no longer meet eligibility requirements. * Documentation required to submit Refund Request Form.

Personal Trainers not employed by the Rec Center are not allowed to train their own clients or Rec Center Members.
Accommodations may be possible for special circumstances.
Rates for personal training updated FY22.

CONTACT Corey Jefferson — *Wellness Coordinator + Personal Trainer*
EMAIL corey.jefferson@uth.tmc.edu
OFFICE 713-500-8427
WEBSITE www.uth.edu/recreation-center

ADDRESS UTHealth Houston—Recreation Center
1832 West Road
Houston, TX 77054