

PERSONAL TRAINING

WITH **USF RECREATION & WELLNESS**

INDIVIDUAL TRAINING PACKAGES

COMMIT TO BE FIT WITH ONE OF OUR AFFORDABLE PERSONAL TRAINING PACKAGES. MOST PACKAGES INCLUDE EVERYTHING YOU NEED TO BEGIN YOUR FITNESS JOURNEY INCLUDING A FITNESS ASSESSMENT

	4 SESSIONS	8 SESSIONS	12 SESSIONS	20 SESSIONS
STUDENTS	\$140	\$235	\$290	\$435
MEMBERS	\$170	\$285	\$365	\$490
NON-MEMBERS	\$195	\$310	\$390	\$515

Payroll deduction available for USF faculty & staff members purchasing 12 or more sessions.

BUDDY TRAINING PACKAGES

TRAIN WITH A FRIEND!

	8 SESSIONS	12 SESSIONS
STUDENTS	\$155	\$190
MEMBERS	\$190	\$225

ADAPTIVE FITNESS COACHING

TRAINING FOR ALL

OUR ADAPT-X CERTIFIED COACHES WILL TAILOR 1:1 SESSIONS FOR INDIVIDUALS OF ALL ABILITIES. OUR CLIENT-CENTERED STRATEGIES ALLOW US TO ASSESS, UNDERSTAND, AND APPROACH TRAINING TO HELP ANYONE ACHIEVE THEIR GOALS.

BODY COMPOSITION TESTING

STUDENTS: \$10

MEMBERS: \$12

CLIENTS WILL HAVE A CHOICE BETWEEN A THREE-SITE SKIN FOLD MEASUREMENT TAKEN WITH CALIPERS OR A BODY COMPOSITION ANALYSIS VIA THE INBODY 570 TO DETERMINE THE AMOUNT OF LEAN BODY MASS VERSUS THE AMOUNT OF FAT BODY MASS. THE MEASUREMENTS ARE COMPARED TO ACSM RECOMMENDED MEASUREMENTS. PERSONAL TRAINERS PROVIDE GENERAL GUIDELINES FOR HOW TO IMPROVE BODY COMPOSITION.

FITNESS ASSESSMENT

STUDENTS: \$25

MEMBERS: \$30

A COMPLETE ASSESSMENT OF BASELINE MEASUREMENTS TO DETERMINE CURRENT FITNESS LEVEL AND IDENTIFY TRAINING NEEDS AND MODALITIES. MEASUREMENTS INCLUDE HEART RATE, BLOOD PRESSURE, BODY COMPOSITION, WAIST-TO-HIP RATIO, CARDIOVASCULAR ENDURANCE, MUSCULAR ENDURANCE AND STRENGTH, AND FLEXIBILITY.

