Sometimes, a little help and motivation go a long way on the road to overall fitness. Through a tailored exercise program, our certified personal trainers can help you meet your fitness goals.

The overall goal of this program is to assist participants in achieving physical fitness benefits effectively.

To achieve this goal, the following objectives are set. A trainer will work with you to:

1. **Set clear and realistic physical fitness goals, using the guidelines set by the American College of Sports Medicine and the American Heart Association. Objectives include:**
   - How fitness goals will be achieved
   - Amount of work needed to reach goals
   - Types of activities desired to reach goals
   - Frequency and intensity of workouts

2. **Recommend and instruct on proper exercise techniques. Objectives include:**
   - Teach safe and effective use of equipment to avoid injury
   - Teach proper body mechanics
   - Teach and provide exercises that suit fitness needs

3. **Individualize a physical fitness workout program. Objectives include:**
   - Incorporate the components of total fitness including muscular endurance, muscular strength, flexibility and cardiovascular conditioning
   - Guide fitness workouts
   - Monitor progress and adjust workouts accordingly
   - Provide accountability and motivation in achieving fitness goals
FEE STRUCTURE

PRIVATE TRAINING

60 Minute Private Sessions/Packages:
1 session: $40
5 sessions: $175 ($35 per session)
10 sessions: $300 ($30 per session)

30 Minute Private Sessions/Packages:
1 session: $25
5 sessions: $112.50 ($22.50 per session)
10 sessions: $200 ($20 per session)

BUDDY TRAINING

60 Minute Buddy Training Group Sessions:
Buddy Group of 2 People
1 session: $50 ($25 per person)
5 sessions: $225 ($112.50 per person)
10 sessions: $400 ($200 per person)

30 Minute Buddy Training Group Sessions:
Buddy Group of 2 People
1 session: $35 ($17.50 per person)
5 sessions: $162.50 ($81.25 per person)
10 sessions: $300 ($150 per person)

60 Minute Buddy Training Group Sessions:
Buddy Group of 3-4 People
1 session: $60 ($20-$15 per person)
5 sessions: $285 ($95-$71.25 per person)
10 sessions: $510 ($170-$127.50 per person)

30 Minute Buddy Training Group Sessions:
Buddy Group of 3-4 People
1 session: $45 ($15-$11.25 per person)
5 sessions: $212.50 ($70.83-$53.13 per person)
10 sessions: $400 ($133.33-$100 per person)

*There are no refunds offered for personal training packages unless approved by the Personal Training Coordinator.
PERSONAL TRAINING
CLIENT POLICIES AND PROCEDURES

GENERAL INFORMATION

• Personal Trainers are certified through a nationally recognized personal training certification (ACSM, NSCA, ACE, AFAA, ISSA or equivalent).

• Clients are expected to observe all Rec Sports facility rules, guidelines, policies and procedures, including those specific to Personal Training.

• Purchasing of private or group sessions can be done in person at the RPAC Welcome Center or by calling 614-292-7671. The Rec Sports Personal Training Program reserves the right to request a Physician’s Release Form before a member can schedule for or participate in any program in regards to national standards.

SESSION INFORMATION

• Sessions or packages must be paid for prior to the first session with a trainer. Please pay at the RPAC Welcome Center or call 614-292-7671.

• Personal Training packages can only be used by the specific person or group of individuals for whom it was purchased. Packages purchased for another individual or groups will be charged the appropriate rate for the intended recipient.

• All single sessions must be completed within 6 months of the purchase date and all packages must be completed within 1 year of the purchase date.

• Bring your Buck ID or university ID with you to every session. Your card will need to be swiped at the Fitness Desk at the beginning of every session to dock off a session. Your trainer or a fitness assistant can do this for you.

• Once a trainer is selected or assigned, you will be notified by that trainer within 72 hours to schedule an appointment.

• If late, you run the risk of losing your appointment and being charged. Clients are responsible for contacting the trainer if he/she will be more than five minutes late. Trainers are responsible for waiting 15 minutes for late arrivals. Clients will only receive the remaining portion of their session.

• If a trainer is late for a session, the time is owed to the client. This may be done during that particular session or time should be added to a future session.
SESSION INFORMATION CONTINUED

• Cancelling or rescheduling your personal training sessions must occur 12 hours prior to the start of the session by contacting your trainer. If a trainer must cancel or reschedule he/she must do so within 12 hours prior to the start of the session.

• If a trainer does not show for the mutually scheduled session then the session will be made up and the client will receive an additional free session.

• Organize an appropriate meeting location with your trainer prior to your first session. Most clients prefer to meet their trainer at the RPAC Welcome Center or the Fitness Desk. If the training session is scheduled at a Rec Sports satellite facility (JON, JOS, ARC, North Rec) please arrange a meeting place accordingly.

• It is highly recommended that a sensible nutrition plan is utilized in order to achieve the full results possible. Trainers are not allowed to recommend or give advice on nutrition or performance enhancing supplements. If you have questions regarding these topics you should visit the Student Wellness Center housed in the RPAC or call 614-292-4527. Free nutrition counseling is provided to full time students.

• If at any time you are not satisfied with your trainer, please contact the Personal Training Coordinator at ptraining@osu.edu.

• Clients are not permitted to bring other individuals with them to the sessions unless they are participating in a group session.

• Please remember to come properly dressed for your training session. Athletic shoes and loose clothing is recommended. Bring a water bottle with you as well.

• We are continually educating our staff and encouraging hands-on experience so there is a chance that the Personal Trainer may have a staff member shadowing them. If this is a problem please inform your trainer.

CONTACT INFORMATION

Phone: 614-688-1417   Email: ptraining@osu.edu

PLEASE NOTE: Personal Trainer availability may be limited during all academic final periods, breaks and holidays.

*All Personal Trainers within Recreational Sports may have limited training availability during all academic final periods, breaks and university recognized holidays. If you purchase a personal training package or other personal training service between Thanksgiving-Winter Break, Spring Break or Summer Break, you may experience a delay in the client trainer match up.*
Recreational Sports Personal Trainers are certified through a nationally recognized organization. Personal training clients must be 14 years of age or older to participate.

Clients are expected to observe all Rec Sports facility rules, guidelines, policies and procedures, including, but not limited to, those regarding cancellation of appointments. Clients acknowledge that such rules, guidelines, policies and procedures are subject to change with notice.

Registration and Payment Policy: All sessions and packages must be pre-paid at the RPAC Welcome Center. All personal training session packages expire one (1) year from date of purchase.

**CANCELLATIONS:**

Clients who fail to attend a scheduled session or provide at least twelve (12) hours advanced notice of cancellation will be charged for that session. Clients who arrive late for a session will not have their session time extended to compensate for their tardiness. Personal Trainers may decline to provide a personal training session for clients who are more than fifteen (15) minutes late for their scheduled session.

All Rec Sports Personal Trainers will provide clients with at least twelve (12) hours advanced notice of a cancellation. If the trainer fails to provide clients at least twelve (12) hours notice, a complimentary session will be provided to the client.

I have read and understand the above stated terms.

________________________________________________________________________  ______________
Signature of Participant                 Date

________________________________________________________________________  ______________
Printed name of Participant                 Date

Participant’s Name:_____________________________ Age:____________________
Address:_____________________________ City:________________________ State:_____ Zip Code:________
Phone #:________________________ Alternate #:____________________ Buck ID#:________________________