

Personal Training Program Guidelines

1. All sign ups for Personal Training sessions will be held in the IRS Office, room 129 in the Student Recreation & Wellness Center.
2. The Personal Training Program is for students only.
3. Participants may sign up for a maximum of 2 45-minute sessions per week.
4. Participants may sign up for a maximum of 4 sessions (2 sessions per week).
5. Participants may not sign up for back-to-back sessions in the same day.
6. Participants may only sign up for the sessions that are listed on the schedule. Prior approval from the Recreation Center Professional staff must be given for any sign ups outside the designated schedule.
7. 24-hour notice is required for cancellations; otherwise the participant will forfeit his/her next personal training session.
8. Partners with similar fitness goals are allowed to sign up for the same session(s). Both participants must sign up at the same time.
9. Appropriate attire is required.
10. All policies and procedures of The Student Recreation & Wellness must be adhered to before, during, and after Personal Training sessions.
11. Please call the SRWC Front Desk if you know you are going to be late, 770-499-3207. If you have not arrived within 15 minutes, the session will be forfeited as well as your next scheduled session. The number of minutes that you are late will be applied to the 45-minute session.