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# UWSP Health Enhancement Center

## Personal Training Program

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The UWSP Personal Training Program is organized by the UWSP Health Enhancement Center. Our personal trainers are nationally certified to provide you with the knowledge and expertise to assist in your personal fitness goals.

### Rates:

**Free** confidential consultation is required before the first session of each package. Consists of meeting trainer and discussing goals, completing body composition, and height & weight. Other fitness tests available but must be performed in a session agreement.

#### Facility Orientation – Free

- Include orientation of cardio balcony and fitness center machines.
- Sessions are available the first and third Wednesday's of each month.

#### Lift with a partner! **Partner Personal Training Package – \$30.00**

- Personal Training program for two people (individualized program)
- Similar goal is a must.
- One 60-minute session with personal trainer.

#### **One session package – \$25.00**

- Individual program.
- One 60-minute session with personal trainer.

#### **Three session package – \$50.00**

- Individual program.
- Three 60-minute session with personal trainer.

#### **Four session package – \$65.00**

- Individual program.
- Four 60-minute session with personal trainer.

#### **8 session package (2 weeks) – \$130.00**

- Individual program.
- Eight 60-minute session with personal trainer.

**Sessions sold at Strength Center front desk (038 Health Enhancement Center), 715-346-4165.**

\* Clients must purchase a Strength Center membership in addition to a personal training package.

\* Clients must complete sessions in 6 months.