

PERSONAL TRAINING



EXPERIENCE THE BENEFITS OF PERSONAL TRAINING SERVICES AT BINGHAMTON UNIVERSITY CAMPUS RECREATION.

Our qualified personal training staff offers clients a unique and satisfying experience through their motivational, individualized fitness programs. We offer personal and small-group training as well as fitness and nutritional assessments to help you reach your health and fitness goals. Take advantage of our convenient location, nationally certified staff and affordable prices!

HOW TO REGISTER FOR PERSONAL TRAINING SERVICES

- All services can be purchased anytime throughout the year at the Front Desk in the Recreation Center, East Gym.
- With registration and payment, you will receive a personal health questionnaire to fill out.
- At registration, you may indicate a preferred trainer or preferred gender of your trainer. Although every effort will be made to accommodate requests, they cannot be guaranteed. Assignments are based on client goals, fitness levels and schedules.
- After the questionnaire is completed and returned, it will take approximately five business days to process your information.
- A certified personal trainer will contact you directly to schedule your first appointment. Your trainer will also e-mail you pre-testing instructions at least 24 hours prior to your initial assessment.

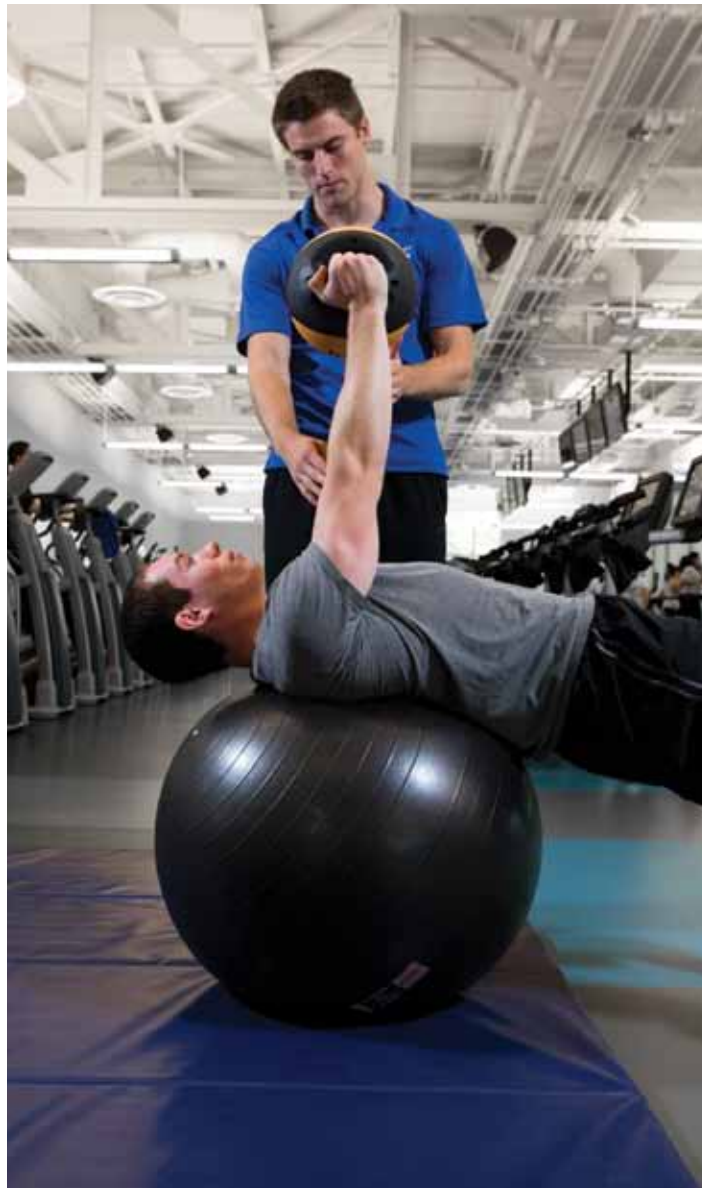
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PERSONAL TRAINING

Whether you are an avid exerciser or new to it altogether, our staff of personal trainers can help. Each personal training session is designed to meet your unique goals.

WHY HIRE A PERSONAL TRAINER?

- To receive information regarding current recommendations for cardiovascular, resistance and flexibility training according to the American College of Sports Medicine.
- To gain expert advice on programs ranging from weight loss to improved sports performance.
- To decrease your risk of injury by having a safe and effective program tailored to your specific needs and goals.
- To stay motivated, add variety and take your fitness program to the next level.



ABOUT OUR TRAINERS

Nationally certified personal trainers help you map, begin and enjoy your fitness journey. Our staff of qualified instructors have credentials ranging from university degrees to nationally accredited certifications.

ACE Educational Partnership Program



- Binghamton University has partnered with the American Council of Exercise (ACE) to provide the highest quality of education to our student staff of personal trainers.
- The educational partnership program ensures we have a staff of highly trained, credentialed fitness professionals ready to make meaningful and positive contributions to the health and fitness industry.

Unauthorized Trainers/Instructors

- Anyone who trains clients in the Recreation Center must be employed by Campus Recreation Services. Violation of the policy may result in loss of access to the facility for the clients and the unauthorized trainer/instructor.



We now have MicroFit! Microfit is the latest technology in fitness assessment software. This comprehensive program can identify our clients' health risks, assess fitness status, identify appropriate health improvement programs and track all outcomes. With all fitness assessments, clients will receive a print out to keep as a record.



PERSONAL TRAINING SERVICES

Current Binghamton University students receive a 20% discount on all personal training services.

INDIVIDUAL TRAINING

All clients receive an initial consultation and assessment to discuss their health and fitness goals as well as determine their current fitness level. Clients will have a personalized program tailored to their specific needs and goals

Individual Training Options

- **1 session – 90 minutes** **\$25**
Includes a fitness consultation, mini-assessment and one session with a personal trainer.
- **6 sessions – 6.75 hours** **\$130**
Includes a fitness consultation, mini-assessment and 6 hours of personal training.

SMALL-GROUP TRAINING

Small-group training is an affordable and fun option to accommodate 2-3 people who have similar goals and are interested in working out together. The exercise program will be designed to meet the needs of all parties.

Small Group Training

- **1 session – 90 minutes** **\$20 each person**
Includes a group fitness consultation, mini-group assessment and one small-group training session with a personal trainer.
- **6 sessions – 6.75 hours** **\$100 each person**
Includes a group fitness consultation, mini-group assessment and 6 hours of small-group training.

ASSESSMENTS

To begin your fitness journey, it is important to know your current fitness level. Personal training services offer a variety of assessment options to meet your fitness needs.

Fitness Assessment Options

- **Deluxe Assessment – 1 hour** **\$20**
Includes all elements of the mini-assessment plus muscular strength and endurance testing, aerobic fitness testing and a full-movement screening.
Add a Body Composition Assessment to a Deluxe Assessment for only \$5 more!
- **Body Composition Assessment – 30 minutes** **\$15**
A comprehensive analysis of BMI, circumference measuring, bioelectrical impedance analysis (BIA) and a 7-site skinfold measurement. This package includes a FREE BP screening!

All Personal Training Sessions (Individual and Group) include a free Mini-Assessment that includes blood-pressure screening, resting heart rate, height, weight, BMI, circumference measurements, flexibility, postural analysis and basic-movement screening.



FITNESS AND WELLNESS PACKAGES

Personal Training Services offer a variety of affordable fitness and wellness packages to fit your needs and budget. These packages offer a comprehensive approach to get you started on a healthy lifestyle.

- **Wellness Package – 4.25 hours** **\$125**
Includes a fitness consultation, deluxe fitness assessment, 1 nutrition consultation* and 2 personal training sessions.
- **Premium Wellness Package – 8.75 hours** **\$220**
Includes a fitness consultation, deluxe fitness assessment, 2 nutrition consultations* and 6 personal training sessions.
- **Express Check-up – 1 hour** **\$20**
Includes exercise program re-design and tutorial for experienced exercisers who want professional help on making progress in their exercise program (available for those who have previously purchased at least one personal training session or a deluxe fitness assessment).

Nutritional consultations are conducted by a licensed Registered Dietician





AFTER REGISTRATION

Cancellation policy – To cancel an appointment, you must contact your trainer directly, at least 24 hours prior to your appointment. Failure to do so will result in a lost session.

Late policy – Trainers are required to wait 15 minutes for registered clients. If after 15 minutes the client has not contacted the trainer directly or through a Campus Recreation staff member, the trainer may choose to reschedule the appointment, but is not required to do so. Sessions that begin late due to the late arrival of a registered client will end at the originally scheduled time.

Group cancellation policy – If one client cancels within 24 hours of a scheduled group-training session or simply does not show, the session may continue with the remaining client(s). The session will still count toward the package balance for each of the clients.

Expiration policy – All services must be completed within one (1) calendar year of the date the service was purchased.

Refund policy – Clients wishing to obtain a refund must request so in person. Full refunds are considered only during the first seven (7) calendar days. Thereafter, applications for refunds will be considered for the following reasons, provided proof is also submitted: medical reason or departure/withdrawal from Binghamton University. Refunds will be prorated if services have begun in the first 7 days (consultation/assessment sessions, etc.). A \$20 processing fee will be assessed for these refunds.

BINGHAMTON
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