Want to get fit, strong and healthy?

Our Rec Fit Personal Trainers are here to help!

Whether you’re training for your first road race, an athletic event or just getting back into exercise, our trainers have the skill and expertise to help you reach your fitness goals.

**A Rec Fit Personal Trainer will provide:**

- A customized workout specific to your fitness level and goals
- Accountability and motivation
- Coaching on proper exercise technique
- Advice on injury prevention and Recovery

**REC FIT Spring Semester 2016**

**Contact:** Jennifer Turpin
Assistant Director for Fitness & Wellness
jennifer.turpin@wright.edu or 937.775.5816

Office of Campus Recreation
www.wright.edu/campus-recreation
092 Student Union

**Group Fitness - Personal Training**

**Nutrition Counseling - Chair Massage**

**PERSONAL TRAINING INVESTMENT OPTIONS**

<table>
<thead>
<tr>
<th>Individual Training (One-on-one sessions with a personal trainer)</th>
<th>Student</th>
<th>Non-Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$30</td>
<td>$40</td>
</tr>
<tr>
<td>4 sessions</td>
<td>$110</td>
<td>$150</td>
</tr>
<tr>
<td>8 sessions</td>
<td>$220</td>
<td>$300</td>
</tr>
<tr>
<td>12 sessions</td>
<td>$300</td>
<td>$400</td>
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</tbody>
</table>

**Small Group Training**

(Price per person. Small group training available for groups of 2-4).

<table>
<thead>
<tr>
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<th>Non-Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$20</td>
<td>$30</td>
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</tbody>
</table>

**Get Started Today!**

1. Personal training participants must be a member of the Fitness Center and possess a valid Wright 1 card.
2. Complete a Personal Training Enrollment Packet and Return to Jennifer Turpin in the Office of Campus Recreation - 092 D, Student Union. Packets are available in the Office of Campus Recreation and can also be accessed on our website.
3. Once your enrollment form is processed, you will be contacted to set up your first session.

**Fitness Testing:**
Fitness Testing is available to Fitness Center members. Assessment measurements include:
- Cardiorespiratory (aerobic) endurance
- Muscular fitness
- Flexibility
- Body Composition

**Fees:**
- Student $20, Non-Student $25

Note: A complimentary fitness assessment is included with the purchase of all of our Personal Training enrollment packages.

**NETA PERSONAL TRAINER CERTIFICATION WORKSHOP**

- **February 27-28, 8-5:00 p.m.**
  - NETA Personal Trainer Certification Workshop
  - This two-day workshop includes demonstration and practical application of one-on-one training. Workshop will cover exercise science review, communication skills, exercise programming, health assessments and more.
  - Registration includes written exam and two-year certification. NETA’s Personal Trainer certification is accredited by NCCA.

- **March 12, 8-5:00 p.m.**
  - NETA Group Exercise Certification Workshop
  - Learn basic academic and practical application of teaching group exercise classes. No teaching background required. Workshop registration includes a full-day review, written exam and two-year accredited certification.

- **March 13, 8-3:00 p.m.**
  - NETA Indoor Group Cycling Certification Workshop
  - NETA’s Indoor Group Cycling specialty certification covers all the basics of teaching cycling classes, including setting up the room, managing a variety of situations and the many body positions for a safe but challenging ride. Other key topics include contra-indications, terminology, class formatting, music selection and cueing.

Visit www.netafit.org to learn more. Send an e-mail to Jennifer.turpin@wright.edu for assistance with workshop registration.

**NETA NATIONWIDE GROUP EXERCISE CERTIFICATION WORKSHOP**

- **February 27-28, 8-5:00 p.m.**
  - NETA Personal Trainer Certification Workshop
  - This two-day workshop includes demonstration and practical application of one-on-one training. Workshop will cover exercise science review, communication skills, exercise programming, health assessments and more.
  - Registration includes written exam and two-year certification. NETA’s Personal Trainer certification is accredited by NCCA.

- **March 12, 8-5:00 p.m.**
  - NETA Group Exercise Certification Workshop
  - Learn basic academic and practical application of teaching group exercise classes. No teaching background required. Workshop registration includes a full-day review, written exam and two-year accredited certification.

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Cross Ohio begins Monday, January 25. Stay on track with your exercise and fitness goals with Cross Ohio, a 12-week exercise program. Virtually travel through the Buckeye state and earn points for each minute you exercise. All finishers will receive a participation prize. Registration opens January 19.

Chair Massage in the Student Union is an awesome and affordable stress buster! Offered every second Friday in the SU. Make an appointment at the SU Rec Desk. Program fees: 15 minutes/$12.00, half hour/$24.00

Rec Fit Happy Hour: Friday, January 29 from 11-1:00 p.m. Stop by the Student Union for a FREE, 30-minute Personal Training session. To register, send an e-mail to RecFit@wright.edu or call 775.5816.

National Wear Red Day is Friday, February 5. Heart disease is the number one cause of premature death in America. Be an advocate for healthy hearts by wearing red on Feb. 5. Visit GoRedForWomen.org/WearRedDay to learn more.

National Nutrition Month: March is National Nutrition Month. This year’s theme is *Savor the Flavor of Eating Right.* For more information, visit www.eatright.org/nnm, and join us in March for our annual Healthy Recipe Contest.

Intro to Fitness Classes: We all know that exercise is important. Still, most Americans do not get enough exercise to improve health (CDC, 2010). Kick-start your exercise program today with one of our Intro to Fitness classes! No fancy choreography and no prior exercise experience needed! Mondays and Fridays this semester. Visit our website for class descriptions and specific dates and times.

TRX suspension trainers are offered on a first come, first served basis.