

## Virtual Personal Training Information Sheet

The Personal Trainers at the University of North Georgia are here to instruct beginning, intermediate, and advanced exercisers in the proper techniques and habits that will help them reach their desired fitness goals. Our trained staff will provide fitness programs tailored to your specific needs that will help you increase your fitness level. They will assist in this process by establishing reachable and realistic goals, providing motivation, and educating you in various aspects of fitness training.

It is required that before you start with your trainer you complete the consultation and assessment, to gain baseline information for you to see optimal results. We also recommend working out on your own, in addition to working with your personal trainer. It is our goal that you will learn the basics of working out and will be able to begin creating your own exercise plans after working with our trainers.

<b>Virtual Let's Get Started Package</b>	
<b>Includes: Comprehensive Virtual Fitness Consultation , 4-1hour training sessions, and a UNG Fitness promo item</b>	
Students	\$100
CRW Members	\$125

\*If you are new to the UNG CRW Personal Training Program, you must complete the Let's Get Started Package prior to purchasing individual sessions.

<b>Virtual Individual Training</b>	1 Session	4 Sessions	8 Sessions
Students	\$30	\$80	\$145
CRW Members	\$35	\$100	\$185

\*All Sessions must be used during the semester in which they were purchased.

<b>Virtual Fitness to Go Package</b>	
<b>Includes: 30 minute virtual consultation, a 4 week-3/x week program (12 workouts), and 4 weekly check ins (15 min)</b>	
Students	\$60
CRW Members	\$75

\*All Sessions must be used during the semester in which they were purchased.

**Virtual Assessment and Consultation:** This is a virtual 1-hour session with a personal trainer to assess current fitness level. The Personal trainer will conduct skinfold measurements, body composition, muscular strength and endurance, flexibility, and cardio level. Your personal trainer will talk about goals, goal setting, and you will work together to create a training program that is tailored to you.

**Virtual Individual Personal Training Sessions:** These are virtual 1-hour long sessions. The personal trainer will take you through a workout based on your initial assessment conducted in the first session. We will match you with a personal trainer that best suits your goals and requests, but also note trainers have certain availability for the semester, we will do our best to accommodate. You will be responsible for equipment, if needed.

**Virtual Fitness to Go Package:** Fitness to Go is a personalized fitness plan that includes a 30-minute virtual consultation to discuss goals and provides a personalized written plan, provided by a Personal Trainer, that is based on your fitness goals. This package includes a 4 week- 3x/week program (12 workouts) and Weekly Check-ins (4 weeks) of approximately 10-15 minutes via phone call or virtual live chat.

### Virtual Personal Training Etiquette

- Message your trainer if you will be late (trainers will wait 15 minutes before the scheduled session is forfeited). If you are late, the session will only last until the end of the hour.
- If needed, sessions should be rescheduled 24 hours in advance or they will be forfeited. You must message your personal trainer.
- Be ready to work hard during each session. You should wear athletic clothing. You must have access to a webcam and audio (Smart Phones are acceptable).

Interested individuals should contact William Jackson at [William.Jackson@ung.edu](mailto:William.Jackson@ung.edu) or 706-864-1622. **PERSONAL TRAINING PAPERWORK, AS WELL AS VERIFICATION OF PAYMENT** must be turned in to Campus Recreation and Wellness. **NO APPOINTMENTS** will be made without payment. Based on the information turned in, a trainer will be assigned and you will be contacted for your first appointment.

*North Georgia Personal Training is designed for healthy individuals within our campus community. The program is not designed for pre or post-natal women, individuals on medication, individuals under the direct care of a physician, or individuals with physiological injury. All males 45 years and above and all females 55 years and over are required to have a physician's approval prior to participating in this exercise program.*

**If you need this document in an alternate format for accessibility purposes (such as Braille, large print, audio, etc.), please contact Leslie Gray at [Lesli.Gray@ung.edu](mailto:Lesli.Gray@ung.edu) or 706-864.1622**