

Personal Training Services

Personal Training Your goals, fitness level, schedule and medical history are all vital to success! A Certified Personal Trainer will assist in attaining your goals based upon a Fitness Assessment. Build a strong foundation by boosting strength, conditioning, flexibility and cardiovascular health. Half Hour and One-Hour sessions are available. *Please Note: Trainers not employed by the Rec Center are not allowed to train other members; however, accommodations may be possible in case of special needs.*

Membership Training Pricing

Services	UTHealth Student	Member	Non-Member
ONE-HOUR SESSIONS			
1 Hour	\$30	\$35	\$45
Eight Session Package	\$220	\$260	\$340
Twelve Session Package	\$300	\$350	\$500
HALF HOUR SESSIONS			
1/2 Hour	\$20	\$25	\$35
Eight Session Package	\$140	\$180	\$260
Twelve Session Package	\$185	\$235	\$380
INITIAL CONSULT/ASSESSMENT			
	\$40	\$60	\$85
% BODY FAT COMPOSITION			
	\$5	\$5	\$5

Initial Consult involves the following: *A Full Comprehensive Fitness Assessment which includes: Body Composition Analysis, Cardiovascular Endurance Test, Muscular Strength / Endurance Test, Flexibility Test. *(1) Personal Training Session

This analysis is a measure of total body weight that is fat. Seven different points on the body are measured and calculated using calipers.

Individual and group sessions are available by appointment ONLY. For more details, please contact Corey Jefferson at 713-500-8427, Corey.Jefferson@uth.tmc.edu, or stop by the UTHSC Recreation Center at 7779 Knight Rd. 713-500-8420.

Cancellation Policy: Clients must call at least 4 hrs. prior to scheduled appointment to cancel or will be required to pay for appointment.

Refund Policy: Packages of 8 or 12 are expected to be completed in/or before 8-12 weeks respectively. There are no refunds for sessions once the time frame has elapsed. An administrative fee of \$25 will be deducted from any Wellness Program refund.