

WHY EXERCISE?

With all the new fitness and weight-loss fads, it is a workout just trying to keep up with them. Why not just ditch the pills, powders and far-fetched promises and go for the real thing? Through a comprehensive, personalized fitness program, we will help you reach your fitness goals. And we'll help you learn how to stay that way for life.



WHY A FITNESS TRAINER?

- * Motivation
- * Knowledgeable guidance
- * Improved fitness level and performance
- * Supervised, structured, safe progression of intensity
- * Way to learn more about yourself and your body
- * Means to enhance your overall health and quality of life

FITNESS FACILITIES

- A wide variety of cardio equipment including treadmills, cross trainers, ellipticals, cycles and steppers
- Total body circuits for the time-limited exerciser
- Nearly 10 tons of free weights and related exercise stations
- Functional and core training accessories such as fitness balls and resistance bands
- Three group fitness studios including one dedicated to indoor cycling
- Incentive programs for encouragement.
- Multi-channel cable viewing with television-specific sound tuning capability
- Knowledgeable and courteous fitness staff

Policies

- ❖ Only University Recreation trainers permitted.
- ❖ University Recreation patron status and forms must be kept current.
- ❖ Payments are nonrefundable and nontransferable.
- ❖ Cancellations made with less than 24-hour notice will result in one-half session charge.
- ❖ No shows will result in a charge of one full session.
- ❖ All other University Recreation policies and procedures are valid and will be enforced.

Austin Peay State University, a Tennessee Board of Regents institution, is an equal opportunity employer committed to the education of a non-racially identifiable student body. AP#

ACTION



PLANS

Fitness Assessments
and
Personal Training

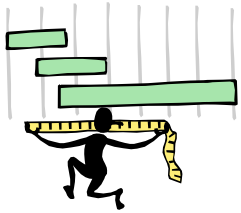
AP | University Recreation

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PLAN YOUR ATTACK

Action Prep

Students \$15, Other Patrons \$20



Evaluate current fitness status using reliable testing methods; takes about an hour.

Single Sessions

Students \$20 per hour

Other Patrons \$25 per hour

Work with a personal trainer to set up a personalized action plan. You can focus on a specific aspect of physical fitness such as:

- *Cardiorespiratory Endurance
- *Muscle Strength and Endurance
- *Flexibility
- *Core Conditioning

Total Action Package

Students \$90 Other Patrons \$113

Start with Action Prep and work through each component of physical fitness for a comprehensive training program designed just for you, or continue your progress with more exercise sessions. Five hours of assessment, instruction and training for this competitive price.

TAKE ACTION

Each Action Plan will provide

- ◆ Benefits and principles of exercise
- ◆ Proper biomechanics
- ◆ Appropriate intensity guidance
- ◆ Choice of the right activity for you
- ◆ Practical application of movement
- ◆ Ability to relate activity to total well being

Trainer-in-training

Students \$10 per hour

Other Patrons \$15 per hour

Work with an educated trainer that needs to acquire hands-on experience. Sessions are supervised by an experienced trainer.

"Buddy Up" Training Sessions

Students \$15 each per hour or \$68 each per five hours

Other Patrons

\$20 each per hour or \$90 each per five hours

Need some extra motivation? Grab a friend and work out together with a personal trainer. The information you and your partner will learn during these training sessions is not limited to just the time you have with your trainer; it also will help to better your workout routine in the future. So "buddy up" and use teamwork to achieve your fitness goals.

GETTING STARTED



Choose a trainer. We have two sources for you to check out the philosophy, background and certification to help you decide the best match. 1. Read their profiles at the fitness center service desk, or 2. Read them online at <http://www.apsu.edu/recreation/train/trainers.aspx>

Complete an action plan request form, which are available at the fitness center service desk or online at <http://www.apsu.edu/recreation/train/info.aspx#ap-signup>. Bring your completed paperwork to the Foy Fitness Center for review. Someone will be able to answer any questions about the forms at that time. (Physicians clearance may be required based on health history questionnaire.)



The trainer of your choice will contact you to set up an initial consultation to discuss your needs, concerns, experience, goals and availability. There, you will schedule your fitness assessment or training session.

Once you have talked to your personal trainer, you can pay for the training package that they recommend. Payment is accepted at the fitness center service desk. We accept cash, check, credit cards or gov bucks.



**Have fun
and get fit!**