



# PERSONAL FITNESS TRAINING

Personal Trainers can help people of all ages and fitness levels with changing their lifestyles and achieving their fitness goals.

Services offered at Southside Fitness Center; Bldg. 2117, Northside Fitness Center; Bldg. 552, and Vogelweh Fitness Center; Bldg. 2050.

Our Personal Fitness Program includes a variety of different training techniques and offers beginner and advanced training with focus on:

- Strength and Endurance Training
- Cardiovascular Muscle Training
- Health Training
- Prevention and Rehabilitation
- Toning and Sculpting
- Weight Loss

**Price**

**\$47**

To schedule an appointment or more information,  
please contact your local fitness center.