# Personal Training Information

ASI Recreational Sports Personal Training Programs offers specialized, personal and specific training for members of the Cal Poly Recreation Center of all fitness levels, ability and experience. This program is an added amenity that is designed to enhance and expand on the already wide ranging outlets for physical activity at the Recreation Center.

All sign-ups and payments for personal training are completed at the Recreation Center Service Desk. All clients must meet with a trainer prior to purchasing training session. The 3-types of client sign-ups are:

1. New client with a trainer present
2. New client without a trainer present
3. Returning client

**New Client**

1. Complete a personal training interest form.
2. You will be contacted by a trainer in 24-48 hours
3. The trainer will schedule an orientation with you.
4. If you choose to purchase Personal Training after your orientation, your trainer will walk you to the Front Desk and sign you up.
    - If you are purchasing sessions without your trainer present, you will have to provide the front desk staff the name of your trainer and let them know you are a new client purchasing session for the first time.

**Returning Client**

1. Go to the Recreation Center Service Desk, let the staff know you want to purchase more sessions and let them know your trainers name.
    - Your trainer need not be present to purchase additional sessions.

**Personal Training Package Pricing**

| Private Sessions | | | Group Session 2-4 People | | |
|---|---|---|---|---|---|
| **Sessions** | **Cost** | **Cost/session** | **Sessions** | **Cost** | **Cost/session** |
| 1 | $45.00 | $45.00 | 1 | $65.00 | $65.00 |
| 4 | $160.00 | $40.00 | 4 | $240.00 | $60.00 |
| 8 | $320.00 | $40.00 | 8 | $480.00 | $60.00 |
| 12 | $480.00 | $40.00 | 12 | $720.00 | $60.00 |
| 24 | $912.00 | $38.00 | 24 | $1,344.00 | $56.00 |