



# WHAT CAN TRAINING DO FOR YOU?

There are things you can benefit from when you work with a personal training, including:

- ✓ Individualized workout program
- ✓ Improved Speed & Strength
- ✓ Weight Loss
- ✓ Injury Prevention
- ✓ Injury Rehabilitation
- ✓ Increased Energy
- ✓ Enhanced Overall Fitness
- ✓ Motivation & Accountability

## CLIENT SUCCESS STORIES

"For about 30 years I would regularly get pulled muscles in my neck and back and would frequently need chiropractic or massage therapy. Since I started working with Clem over a year ago, these problems have gone away. Thank you Clem."

-Rob Giebitz

"I was becoming a turtle with a rounding stiffening back. I thought it was an inevitable part of my aging but careful thoughtful combinations of exercise have opened, energized and strengthen my and the whole of me. Thank you, Gabe!"

-Isabel Constable

"My wife and I have had Curt as our trainer since last summer. He is great! His workouts are tough, creative, and produce real results.

Additionally, he is reliable and a pleasure to work with. We are very happy with Curt and the program."

-Michael Reid & Melanie Sparks

THE UNIVERSITY OF NEW MEXICO  
Recreational Services

1102 Johnson Center, UNM, 505.277.0178

[recservices.unm.edu](http://recservices.unm.edu)

Division of Student Affairs  
Some programs & services paid for by UNM Student Fees



Recreational Services  
**PERSONAL TRAINING**



# PERSONAL TRAINING

UNM Recreational Service's Personal Training program provides quality fitness instruction and encouragement for your personal fitness goal attainment.

All our personal trainers are nationally certified and can design a quality-training program suitable to you for meeting your fitness goals.



# ***TRAINING PRICING***

| Individual  | Students   | Faculty/Staff |
|-------------|------------|---------------|
| 3 sessions  | \$100      | \$120         |
| 5 sessions  | \$150      | \$175         |
| 7 sessions  | \$200      | \$250         |
| 10 sessions | \$250      | \$300         |
| Partner     | Students   | Faculty/Staff |
| 3 sessions  | \$125      | \$150         |
| 5 sessions  | \$180      | \$225         |
| 7 sessions  | \$205      | \$280         |
| Group       |            | Price         |
| 2 sessions  |            | \$90          |
| 4 sessions  |            | \$150         |
| Community   | Individual | Partner       |
| 3 sessions  | \$180      | \$175         |
| 5 sessions  | \$225      | \$250         |
| 7 sessions  | \$280      | \$325         |
| 10 sessions | \$350      | \$350         |

\*All sessions are 1-hour long!



## How Do I Sign-Up?

Stop by our office located in Johnson Center to fill out a registration form and a questionnaire. You may pay for your sessions via cash, credit card, or check. Please allow 7 business days to be contacted by a trainer to set up a time begin your training.

Please email **Ben Ferguson** [ben23@unm.edu](mailto:ben23@unm.edu) or **Katherine Tillman** [ktillman23@unm.edu](mailto:ktillman23@unm.edu)

with any additional questions.