

FitWell Personal Training

Personal Training Services

1:1 Personal Training		2:1 Buddy Training	
Training alone can be difficult. From designing customized fitness plans to providing support and motivation, our knowledgeable certified personal trainers are here to help you see long-term results.		Bring a friend or family member to your workout. These are 60-minute sessions where you will have the motivation of exercising with a partner under the guidance of a certified personal trainer.	
Jumpstart Package	\$140	Buddy Intro Package	\$85/person
1 Session	\$45	1 Session	\$30/person
4 Sessions	\$170	4 Sessions	\$110/person
8 Sessions	\$320	8 Sessions	\$200/person
10 Sessions	\$375	10 Sessions	\$225/person

* First time clients for 1:1 and 2:1 training must start with either the Jumpstart or Buddy Intro Package as these include preliminary fitness assessments.

Auxiliary Services

InBody Composition Analysis		Personalized Fitness Plan	
Get an in-depth look at your body's internal measurements such as percent body fat, skeletal muscle mass, total body water, and more!		A structured plan goes a long way. With an Exercise Program, a personal trainer will guide you through a consultation and create a 6-week fitness plan that is personalized to you and your goals.	
1 Session	\$20	6-Week Program	\$65

Important Policies

<p>General Personal Training Policies</p> <ol style="list-style-type: none"> 1. Late Policy: You are responsible for being on time for your appointment. Your trainer is only required to wait 15 minutes. 2. Cancellation Policy: Please be advised the SRC observes a 24-hour cancellation policy for all personal training sessions. There will be no refunds for late cancellations or no-shows. 3. Expiration Policy: All sessions will expire after 365 days. 	<p>Buddy Training Policies</p> <ol style="list-style-type: none"> 1. Each partner must purchase their training packages individually. 2. Training may not begin until all parties have purchased their training packages and have completed the required paperwork. 3. If one partner fails to show up to a session, the session will be void.
Please contact david.d.lee@ucr.edu for questions or visit www.recreation.ucr.edu for more information.	