



CERTIFIED

Personal Training

- Become healthier and more confident in your fitness regimen.
- Focus on goal setting and attainment of those goals in a fun and safe environment.
- One-on-one sessions open to all students, staff, faculty, and administrators.

STUDENT FEES

***New Prices in effect 8/26/2013**

Health Assessment:	\$27
1 Training Session:	\$45
3 Training Sessions:	\$100
10 Training Sessions:	\$275
Plus additional free health assessment!	

EMPLOYEE FEES

Health Assessment:	\$45
1 Training Session:	\$55
3 Training Sessions:	\$155
10 Training Sessions:	\$385
Plus additional free health assessment!	

For registration please email
fitness@duq.edu