

Personal Training Services at the Hamilton Rec Center

1-On-1 Training	CMU Students	CMU Faculty & Staff Members	CMU Faculty/Staff Non-Members, Alumni, Family, Golden Scholar & MavClub Members
1-Session Pkg	\$30	\$40	\$50
3-Session Pkg	\$84	\$114	\$144
6-Session Pkg	\$156	\$216	\$276
10-Session Pkg	\$240	\$340	\$440
20-Session Pkg	\$440	\$640	\$840

Tandem Training	CMU Student Memberships	CMU Faculty & Staff Memberships
1-Session Pkg	\$40	\$60
3-Session Pkg	\$114	\$174
6-Session Pkg	\$216	\$336

Please complete a *Personal Training Request Packet* which can be obtained and submitted at the rec center front desk. Payment is also due at this time. Cash, Check, and Credit Card are acceptable methods of payment. All Services are non-refundable.

One-On-One Training

Working one-on-one with a personal trainer has a multitude of benefits. Most importantly, your trainer will personalize your exercise plan to reflect your current fitness level, goals, and level experience while being able to give you their undivided attention. Each training session is 60 minutes in length.

Tandem Training

Tandem Training captures nearly the same benefits as one-on-one training and at a lower cost to you. Your trainer will personalize your exercise plan as well as your partners to reflect each client's fitness level, goals, and level of experience. Each training session is 60 minutes and requires two participants.

The initial appointment will consist of a complete Wellness Assessment, which will take place prior to the first personal training session.

Rates are applicable to the individual redeeming the service. Please review our 24-Hour Cancellation Policy. For more information, contact the Manager of Wellness & Fitness at 970-248-1234 or cmuwellness@coloradomesa.edu.