

Personal Training Services at the Hamilton Rec Center

1-On-1 Training	CMU Students	CMU Faculty & Staff	Alumni, Family, Golden Scholar & MavClub Members
1-Session Pkg	\$35	\$45	\$55
3-Session Pkg	\$90	\$120	\$150
6-Session Pkg	\$165	\$225	\$285
10-Session Pkg	\$250	\$350	\$450
20-Session Pkg	\$460	\$660	\$860

Tandem Training	CMU Students	CMU Faculty & Staff
1-Session Pkg	\$50	\$70
3-Session Pkg	\$120	\$180
6-Session Pkg	\$225	\$345

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.

Campus Recreation Wellness Services

24-Hour Cancellation Policy

Cancellation & Late Arrival Phone Number: 970-248-1592 (HRC front desk)

Please store this number where it will be convenient for you if you need it.

ABOUT THE 24 HOUR CANCELLATION POLICY:

Clients will not be charged for a cancellation if it is made more than 24 hours in advance of the scheduled appointment time.

REASON FOR THIS POLICY:

Notifying our staff of your intention to cancel or reschedule 24-hours in advance gives us an opportunity to schedule someone else for that time slot. This is important because others may be on a waiting list or may also be looking for an opportunity to reschedule for a different time. As much advance notice as possible is always appreciated. Our part-time wellness staff is here in the building on an appointment basis only!

IF YOU CANCEL YOUR APPOINTMENT WITH LESS THAN 24 HOURS NOTICE, YOU WILL FORFEIT YOUR PRE-PAID APPOINTMENT WITH NO REFUND. Clients who simply do not show up for a scheduled appointment will forfeit their pre-paid appointment spot and no refund will be issued. This cancellation policy is standard and will be strictly enforced. On occasion, there will be understandable reasons for missing appointments, but exceptions to this policy will be rare.

Arriving late *with* notification:

Clients who notify our front desk staff even a few minutes ahead of time by calling the listed phone number will have their appointment spot held and will have the time which remains in that hour. As long as the client arrives within the scheduled hour, they will not be required to forfeit their missed appointment.

Arriving late *without* notification:

HRC Wellness Staff will wait for clients for 15 minutes beyond their scheduled appointment time after which they will assume the client is not showing to the pre-scheduled appointment. In such a case, the client will forfeit their appointment and no refund will be issued.

If you have questions about this cancellation policy, please contact the

Manager of Wellness/Fitness at 970-248-1234.

CANCELLATION PHONE NUMBER: 970-248-1592 (HRC front desk)