

Personal Training Pricing

STUDENT PACKAGES

Assessment Only	\$15.00
Starter Pack (1 assessment & 2 sessions)	\$45.00

MULTI-PACKS

6 sessions	\$99.00
9 sessions	\$144.00
12 sessions	\$180.00
15 sessions	\$210.00
18 sessions	\$234.00

BUDDY PACKS - Train with a friend and get **10% off** each session! (Prices are for each person)

6 sessions	\$89.10
9 sessions	\$129.60
12 sessions	\$162.00
15 sessions	\$189.00
18 sessions	\$210.60

Cash, check, and Lancer Cash payment can be made in our office on the second floor of the Health and Fitness Center. We also accept card payments on our website.

*Multipack: First session is an assessment unless you are a returning client. Returning clients do not receive an assessment unless purchased separately.

FACULTY/STAFF PACKAGES

Assessment Only	\$20.00
Starter Pack (1 assessment & 2 sessions)	\$54.00

MULTI-PACKS

6 sessions	\$120.00
9 sessions	\$171.00
12 sessions	\$216.00
15 sessions	\$255.00
18 sessions	\$288.00

BUDDY PACKS - Train with a friend and get **10% off** each session! (Prices are for each person)

6 sessions	\$108.00
9 sessions	\$153.90
12 sessions	\$194.40
15 sessions	\$229.50
18 sessions	\$259.20

10% Off

Sign up and train with a friend to get this discount!

If you have any questions concerning access, or if you wish to request disability-related accommodations, please contact Chelsea

Robinson at

robinsoncn@longwood.edu.

BE ACTIVE
BELONGWOOD

CAMPUS REC

Personal Training

Whether you're new to exercise, or need a slight push to get back into it, or would like to add variety to your current routine, we can help you. Our qualified staff members are prepared to work with you to develop an individualized program and assist you in developing and maintaining a healthy lifestyle. We pride ourselves in our ability to accommodate clients of different ages, medical conditions, and experience levels.

How to make an appointment

To get started, pick up and complete the Personal Training Packet from the Campus Recreation office top floor of the Health and Fitness Center.

Make cash or check payments in person or pay by credit card with our online payment option.

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