

Welcome to Campus Recreation Personal Training Program!

Getting Started. The information included in this packet is everything you need to get started with the program. First, complete the attached forms and return them to the Welcome Desk at the Student Fitness Center. You will be contacted by phone within five business days notifying you of your eligibility to participate in the program. Your eligibility is based on the questions you will answer in the paperwork. If you have any questions, please contact Jenna Cabrera, 438-3887 or by email jrcabre@ilstu.edu. Sessions are non-refundable.

Individual Training Packages

60 minute sessions.

Personal Trainers will design exercise programs to help you stay motivated and reach your fitness goals.

- **1 Session:** Member Rate: \$20
- **4 Sessions:** Member Rate: \$75
- **8 Sessions:** Member Rate: \$150
- **12 Sessions:** Member Rate: \$220

Partner Training Packages (2 People)

60 minute sessions.

Grab a friend and one of our personal trainers to begin achieving your health and fitness goals together. For maximum effectiveness, we strongly recommend that partners have similar fitness goals and be of similar fitness levels.

*Participants must register and exercise together. Prices are figured as **per person** cost.*

- **1 Session:** Member Rate: \$ 10
- **4 Sessions:** Member Rate: \$35
- **8 Sessions:** Member Rate: \$70
- **12 Sessions:** Member Rate: \$100

Fitness Assessments

Fitness assessments will be functional and based on individual program goals. Assessments will be conducted within personal training sessions to assist in the setting of baseline goals, to track progression and to demonstrate the effectiveness of the program.

Member- Any current Illinois State University Student, Faculty or Staff, or person with membership at the Student Recreation Building.

Program Policies

All sessions are one hour in length. Personal Training sessions are non-refundable, non-transferable and expire 1 year from the date of purchase. Guests are asked to cancel at least 12 hours in advance of the scheduled training session. Failure to contact your trainer will result in forfeiture of a session. Trainers will wait only 15 minutes for guests. After 15 minutes, guests will lose a session. Sessions that begin late will end one hour from the original start time.

**ILLINOIS STATE UNIVERSITY
CAMPUS RECREATION
Informed Consent**

**BOARD OF TRUSTEES OF ILLINOIS STATE UNIVERSITY
CAMPUS RECREATION
Waiver of Liability, Assumption of Risk, and Indemnity Agreement**

Please read and sign the following document.

Understanding that all Campus Recreation facilities and activities, including use of Personal Trainers, are University-sponsored, I hereby agree to abide by all University regulations as specified in the Student Code of Conduct and/or Faculty/Staff Handbook, and all rules presented by the Campus Recreation staff members, either written or verbal, for the use of their facilities. Furthermore, I understand that failure to abide by these regulations is grounds for possible restriction of my use of the Campus Recreation facilities and/or loss of all recreation privileges in addition to University disciplinary sanctions.

I also understand that Campus Recreation reserves the right to require a doctor's approval before any Personal Training services (including, but not limited to fitness testing to measure flexibility, body composition, muscular strength and endurance, and cardiorespiratory endurance) are provided. Campus Recreation also reserves the right to refuse to provide personal training services if, in its sole discretion, it believes such services may be detrimental for any reason. Campus Recreation Personal Trainers will not conduct sessions for persons under the age 18.

Waiver: In consideration of being permitted to use the services of a Campus Recreation Personal Trainer I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue the Board of Trustees of Illinois State University, its officers, employees, agents and assigns from liability from any and all claims including those which result in personal injury, accidents or illnesses (including death), and property loss arising from, my use of the Campus Recreation personal Trainer's services.

Assumption of Risks: Activities associated with the use of a Personal Trainer carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks can range from minor injuries (such as bruises, sprains, floor burns) to major injuries (such as pulled muscles, broken bones and fractures).

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in personal training activities. I hereby assert that my participation is voluntary and that I knowingly assume all such risks. I hereby certify that I have insurance to cover any charges associated with any injuries or accidents that may occur as a result of my use of a Campus Recreation Personal Trainer.

Indemnification and Hold Harmless: I also agree to indemnify and hold harmless the Board of Trustees of Illinois State University, its officers, employees, agents and assigns from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees, brought as a result of my use of a Campus Recreation Personal Trainer.

Acknowledgement of Understanding: I have read the foregoing document and understand its contents. I understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature

Date

Printed Name

UID

PAR-Q and YOU

(A questionnaire for people aged 15-69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15-69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

Yes No

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions:

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness assessment. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want-as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful to you.

If you answered NO to all questions:

You can be reasonably sure that you can:

- Start becoming much more physically active-begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness assessment. This is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

Delay becoming more active if:

- You are not feeling well because of a temporary illness such as a cold or a fever-wait until you feel better.
- You are or may be pregnant-talk to your doctor before you start exercising.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Name _____

Signature _____ Date _____

Signature of Parent _____ Witness _____

(for participants under the age of 18)



CAMPUS
RECREATION

Illinois State University

Personal Information Sheet

Name: _____

Date of Birth (Day/Month/Year): _____ Sex: _____

Address: _____

Email Address: _____

Phone #: _____

Physician's Name: _____ Phone #: _____

Emergency Contact (name): _____ Phone#: _____

Please indicate your preference in personal trainers:

Male _____ Female _____ No Preference _____

We have a limited number of personal trainers, but will do our best to accommodate your needs

What Fitness Service(s) are you interested in:

Personal Training _____ Partner Sessions _____

***Name of training partner: _____ (Only if interested in partner sessions)

Please indicate the days and times you would like to meet with your personal trainer:

Please indicate your health and fitness goals:

Thank you for your interest in our personal training program! A Fitness Representative will be in contact with you within five business days.