

# THE PROGRAM

## Getting Started

To begin your personal training program, please call the appropriate location or email Kathy DeBlasio, Lifestyle Enhancement Director at [kdeblasi@unch.unc.edu](mailto:kdeblasi@unch.unc.edu).

## Policies

- Medical History must be completed prior to training.
- Fees are paid prior to service and on-account billing must be set up.
- Cancellations and rescheduling require a 24-hour notice or clients will be billed for that session.
- Questions may be directed to: Kathy DeBlasio, Lifestyle Enhancement Director, [kdeblasi@unch.unc.edu](mailto:kdeblasi@unch.unc.edu).

## Personal Training Staff

All Personal Trainers have four year degrees and Nationally Accredited Personal Training certifications. Several staff members are Masters educated and most have specialty certifications ranging from Senior Fitness and Pilates to Athletic Training and Triathlon Coaching. Please visit the Personal Training staff wall in the main hallway of the UNC Wellness Center for photos and bios of our training staff.

## Cancellation/No-Show Policy

Your appointment is reserved for you. We appreciate your understanding that in order to keep our schedules working for all of our clients, we need at least 24 hours notice for all cancellations and rescheduling. No-shows and cancellations with less than 24 hours notice will be charged the full fee.

*We also offer Group Training classes for many types of exercise such as Triathlon Training classes, Endurance Running and Women On Weights.*

*For more information please contact the appropriate location or email Kathy DeBlasio, Lifestyle Enhancement Director at [kdeblasi@unch.unc.edu](mailto:kdeblasi@unch.unc.edu).*



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(919)966-5500 • [www.uncwellness.com](http://www.uncwellness.com)

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# PERSONAL TRAINING PROGRAM



## Mission:

*To empower, educate, and enhance the lives of the people in our community through individualized fitness programming.*

# PERSONAL TRAINING

## package details

**\*The Firestarter Package is designed for those who are new to personal training at our facility.** This package is great for someone who is just getting started with an exercise program or needing some extra motivation. **The Firestarter Package is limited to one per person.**

**Semi-private sessions are designed for two people to train simultaneously.** Packages are available for up to five people to train together. Call the Lifestyle Enhancement Director for more information on these packages.

**Clinical training is provided for people with special needs.**

Individuals dealing with metabolic, orthopedic, neuromuscular issues, or a combination of medical challenges can feel comfortable exercising with a highly educated trainer who will communicate with the clinical client's personal physician or therapist. Clinical training is meant to be a "step-down" from rehab services into independent exercise or regular personal training.

**Ask about our multi-service packages, which integrate personal training and nutritional resources for a comprehensive approach!**

### Benefits of Personal Training at the UNC Wellness Center

- Work with the area's top certified trainers!
- We have a wide variety of training packages ranging from one session to 24 sessions.
- Firestarter package available for those new to personal training.
- Semi-Private and clinical training are also available.
- Ask about multi-service packages including nutrition and massage.

CALL TODAY TO SCHEDULE AN APPOINTMENT!



### Personal Training Package Options:

<b>Member Individual Package</b>	<b>Price</b>
1 session	\$65
* Firestarter (3)	\$180
6 sessions	\$372
12 sessions	\$702
24 sessions	\$1326

<b>Member Semi-Private and Clinical Package</b>	<b>Price</b>
1 session	\$80
6 sessions	\$456
12 sessions	\$864
24 sessions	\$1632

<b>Non-Member Individual Package</b>	<b>Price</b>
1 session	\$77
6 sessions	\$438
12 sessions	\$834
24 sessions	\$1572

<b>Small Group Training (group shares cost)</b>	<b>Price</b>
<b>3 Person Package</b>	
1 session	\$95
3 sessions	\$279
6 sessions	\$540

<b>4 Person Package</b>	<b>Price</b>
1 session	\$110
3 sessions	\$321
6 sessions	\$627

\*The Firestarter Package is limited to one per person.

\*\*Sessions may be used for Pilates Reformer sessions as well as training.