

THE PROGRAM

Getting Started

To begin your personal training program, please call the appropriate location or email us.

Meadowmont:

Kathy DeBlasio, Wellness Programs Manager
Kathryn.Deblasio@unchealth.unc.edu
(984) 974-2561

Northwest Cary:

Neva Avery, Wellness Programs Coordinator
Neva.Avery@unchealth.unc.edu
(984) 974-2555

Policies

- Sessions are for in-person or virtual training
- Personal Training intake form must be completed prior to training. Forms are available [online](#).
- Fees are paid prior to service and on-account billing must be set up.

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.

Personal Training Staff

All Personal Trainers have four year degrees and Nationally Accredited Personal Training certifications. Several staff members are Masters educated and 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 Centers or our website for photos and bios of our training staff.

We also offer group training classes such as foundations for strength, kids sports conditioning, basic training, or by request. For more information please contact Kathy or Neva.



 **UNC**
HEALTH CARE

**WELLNESS CENTERS
MEADOWMONT**

100 Sprunt Street • Chapel Hill, NC 27517
(919)966-5500 • www.uncwellness.com

 **UNC**
HEALTH CARE

**WELLNESS CENTERS
NORTHWEST CARY**

350 Stonecroft Lane • Cary, NC 27519
(919)957-5900 • www.uncwellness.com

 **UNC**
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WELLNESS CENTERS

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

Three Session Package - These three sessions include a face-to-face consult, movement assessment and one exercise plan designed specifically from this information.

30-Minute Training Sessions - These are great for those pressed for time or easing their way back into exercise.

Semi-Private & Small Group sessions - designed for two to ten people to train simultaneously. Sessions will focus on your group's goals: increase strength, HIIT, women and weights, etc.

Benefits of Personal Training at the UNC Wellness Center

- Work with the area's top certified trainers.
- Personalized workouts are catered to your needs, while incorporating the most current knowledge on personal training.
- Learn how to safely progress your program to see new results.
- Multi-service packages including nutrition and massage for a comprehensive approach:
 - **Welcome to Wellness:** 1 each of training, massage, and nutrition counseling: \$225 member, \$256 non-member
 - **Lifestyle Change:** 3 training, 1 resting metabolic rate, 1 nutrition counseling: \$351 member, \$402 non-member



Personal Training Package Options:

30-minute Sessions

Package	Member	Non-member
1 Session	\$41	\$52
3 Sessions	\$120	\$152
6 sessions	\$234	\$296
12 sessions	\$443	\$562

1-hour Sessions

Package	Member	Non-member
1 session	\$72	\$82
3 sessions	\$210	\$240
8 sessions	\$410	\$468
16 sessions	\$778	\$885
24 sessions	\$1469	\$1674

Member Semi-Private (2) Price per person

Package	Member	Non-member
1 session	\$45	\$50
3 sessions	\$131	\$146
6 sessions	\$257	\$285
12 sessions	\$486	\$540
24 sessions	\$918	\$1020

Small Group Training 1 hour sessions- 3 to 10 participants-price per person

Package	Member	Non-member
4 session	\$120	\$140
6 sessions	\$174	\$198
10 sessions	\$270	\$320

*Sessions may be used for Pilates Reformer, private yoga, and triathlon swim sessions as well as training.

CALL TODAY TO SCHEDULE AN APPOINTMENT!