

5 REASONS TO MEET WITH A TRAINER...

- #1= You do not know where to start.
- #2= You need accountability.
- #3= You are bored with your workout.
- #4= You are not seeing results.
- #5= You need to be challenged.



Fitness Training (Certified Trainers)

- Assisting with exercises, programming, and proper form.
- Assisting with new program questions or other needs.



Our trainers are here to help you achieve your many health and wellness goals. They will help you set up a plan to maximize your time and add new perspective to your routine. You will build confidence and gain knowledge in just a few sessions.

Sign up today!

Contact a Supervisor at the Front Desk to set up an appointment or for more details.

405-585-5220 or kerri.foster@okbu.edu

PROGRAM PRICING

Assessment with Follow-Up
\$10.00

***Fitness Training Session**
1-Hour Session= \$30.00

***GROUP Training Session**
1-Hour Session= \$20.00 per client
Group of 2-4 Participants

Body Composition
\$5.00

Wellness Coaching
1-Hour Session= \$30.00

Nutrition Consultation
\$30.00

“The Whole Deal”

Fitness Assessment, and Three 1-Hour Fitness Training Sessions, and Nutrition Consultation all for only \$100.00

Individual Training Packages

3 Sessions: \$80.00
5 Sessions: \$125.00
10 Sessions: \$240.00

Group Training Packages

3 Sessions: \$60.00
5 Sessions: \$90.00
10 Sessions: \$180.00

*Assessment is required prior to Fitness Training

OBU RAWC Fitness Programming

Encourage Educate Equip



WWW.OKBU.EDU/WELLNESS

Program Details

Initial Consultation

- Recommendations based on goals and expectations
- Answers to latest fitness trends
- Exercise and Wellness advice



Nutrition Consultation

(Registered Dietitian)

Topics include, not limited to:

- Weight loss Education
- Diabetes Management
- Menu Planning
- Medical Nutrition Therapy
- Childhood obesity
- Eating Healthy on a budget
- Sports Nutrition
- Fast Food Facts
- Personal Nutrition Needs

Fitness Assessment

- Demographic Measurements
- Height, Weight, Resting Heart Rate and Blood Pressure
- Body Composition – Skin fold measurement or circumference measurement

Other Tests include:

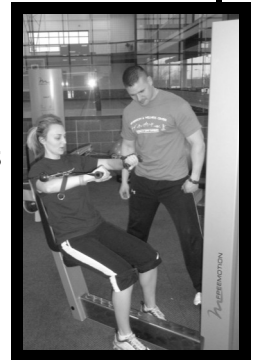
- Circumference Measurements
- Cardiovascular Endurance
- Muscular Strength
- Muscular Endurance
- Flexibility

Assessment includes follow-up of test data and evaluating strengths and weaknesses.



Wellness Coaching

- Guides individuals to develop and follow personalized health and wellness plans
- Available in one-hour sessions with a certified wellness coach



Group Training

2-4 participants per group

Motivation can sometimes come in numbers. Grab some friends and sign up for a group training session. Trainer adjusts workouts to fit all fitness levels.

