



UNIVERSITY
RECREATION
& WELLNESS

FITNESS

Personal Training & Fitness Assessment Renewal Form

UM RecWell Fitness Programs

301.405.PLAY

www.recwell.umd.edu

Last Name First Name E-mail

UID or Member No. Daytime Phone Evening Phone

Personal Training Sessions & Fees

	1-on-1 Training	2-on-1 Training	PT+ Training/ Coaching
1 session	\$37.75/ \$47.25/ \$59	\$58.75/ \$73.50	
3 sessions	\$92.25/ \$115.50/ \$145	\$113.25/ \$141.75	
5 sessions	\$130/ \$162.75/ \$203	\$163.75/ \$204.75	
10 sessions	\$222.50/ \$278.75/ \$348	\$264.50/ \$330.75	\$252.50/ \$315.75/\$393
12 sessions	\$243.50/ \$304.50/ \$381	\$294/ \$367.50	\$273/ \$349.50/ \$433.50

Fitness Assessment and Body Composition Fees

Full Fitness Assessment UMD Students/ CRS Members \$24.60/\$33

Fitness Assessment Re-test UMD Students/ CRS Members \$13/\$16.50

Must purchase within 1-year of original assessment.

Body Composition Analysis University Affiliates and Community Members \$50

Do you want to stay with your assigned trainer/ coach? Yes No

What is your current trainer and nutrition coaches' first name? _____

If this is a team training renewal, what is your training partner's name? _____

For Official Use Only *Divide price by number of participants for team training

Paid: _____

Date: _____

Member Services Agent: _____