



Healthy Habits

Personal Training *Plus*

How it Works

Six-week and twelve-week individual personal training is available through *Healthy Habits* on a fee- for-service basis. Personal training is one-on-one instruction based on the needs and goals of each individual. It can include such things as equipment orientation, a formal exercise prescription, correct exercise form, corrective exercises, and exercises for special needs. With all personal training, your trainer is there to motivate you and keep you accountable! To enroll:

1. Complete the following information and send it ICM to *Healthy Habits* with your payment method choice.
2. Your information will be forwarded to one of our available student personal trainers.
3. A student personal trainer will contact you to schedule your sessions. In the event that all of our trainers' schedules are full, your name will be placed on a waiting list.

Personal Trainers

Our Personal Trainers are junior and senior exercise science majors or recent exercise science grads. They are not officially "certified", but they have been trained through classes taken as part of their exercise science major, and are supervised by a certified ACSM Exercise Specialist.

Please contact Roy Zuidema (raz4@calvin.edu; 6-8408) or Natalie Hubers (6-6177) if you have questions.

Name: _____ Email: _____

Dept: _____ Calvin ID: _____ Date: _____

AVAILABLE OPTIONS (CHOOSE ONE):

	<u>Individual</u>	<u>Do it with your spouse</u>
___ <u>6-WEEK Option 1:</u> Meet with a trainer once a week for 6 weeks. Cost (<i>circle one</i>):	\$60.00	\$80.00
___ <u>6-WEEK Option 2:</u> Meet with a trainer twice a week for 6 weeks. Cost (<i>circle one</i>):	\$120.00	\$160.00
___ <u>12-WEEK Option 1:</u> Meet with a trainer once a week for 12 weeks. Cost (<i>circle one</i>):	\$100.00	\$140.00
___ <u>12-WEEK Option 2:</u> Meet with a trainer twice a week for 12 weeks. Cost (<i>circle one</i>):	\$200.00	\$280.00

PAYMENT METHOD (CHOOSE ONE)

___ I give Calvin College Financial Services permission to make the necessary payroll deduction to cover the fees for this Healthy Habits program. I understand that if I have a positive balance from a recently earned Healthy Habits cash incentive, my Healthy Habits incentive dollars will be used to pay for this program. If incentive dollars are not available to cover my fees, the balance of the fees will be deducted from my paycheck.

___ I elect to pay by check or cash (enclosed).

Signature

Date