



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*.
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.
4. Once contacted, please send your payment to *Healthy Habits* prior to your first session. Acceptable methods of payment include check (payable to "*Calvin College*") and cash (exact amount).

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):

____ 6-WEEK Option 1:
Meet with a trainer **once** a week for 6 weeks.
Cost: \$60.00

____ 6-WEEK Option 2:
Meet with a trainer **twice** a week for 6 weeks.
Cost: \$120.00

____ 12-WEEK Option 1:
Meet with a trainer **once** a week for 12 weeks.
Cost: \$100.00

____ 12-WEEK Option 2:
Meet with a trainer **twice** a week for 12 weeks.
Cost: \$200.00