



## Department of Campus Recreation: SouthFit Personal Training

### Steps to sign up

Step 1: Choose the personal training package that you would like on page 2. Personal training is only available to members of the USA Student Recreation Center.

Step 2: Fill out all pages of this packet including the waiver and health history. Determine if you need a physician's clearance (page 4). If so, send your physician the Release to Exercise (page 6) and then have him/her return it to you. Attach the release back to your packet. This release should list any exercise restrictions you have due to physical limitations or medication.

Step 3: Return your packet to the front desk of the USA Student Recreation Center. **Pay online** per the instructions on page 2. You will be contacted by a trainer once the paperwork and payment have been received. *This process normally takes 1-2 busoc (b)1 (D)1. (Y)1 (A)21.1Ja* Be sure to indicate what days and times you are available for personal training sessions.

***Please note: we do not make appointments without pre-payment.***

Step 4: Use your sessions! Your sessions will expire. See page 2 for expiration lengths. There are no refunds on unused services.









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