

CUSTOM FITNESS TRAINING

for Campus Groups

Why Choose Custom Fitness Training?

Our team of group exercise instructors and personal trainers will develop a personalized, safe, fun and specific program to cater to your group's needs (see *Who Can Benefit below*). We can provide a one-time class for an event or social, and up to month-long programs for training. Your goals can focus on cardiovascular, flexibility and/or resistance training components. Custom Fitness Training offers an endless variety of tailored fitness programs to serve the needs of each client.



Advantages of Custom Fitness Programs:

- Maximize time with efficient, tailored workouts.
- Convenience: we can come to you.
- An interactive social and team environment for your group.
- Cross training when out of season.
- Exclusive access to Fitness and Wellness studios and equipment during your Custom Fitness class.

CRU membership is not required when classes are arranged to be held outside the ARC.

Custom Fitness Classes:

We can create a custom fitness program specially tailored for your group, or you can choose from the following classes.

- Yoga
- Pilates
- BOSU® and Balance Training
- Kickboxing
- Martial Arts
- Dance
- Core Training
- Flexibility & Mobility Training
- Zumba®
- Circuit Training
- Strength Training
- Cycling
- Fitness Fusion

Who Can Benefit:

- Intercollegiate Athletics (ICA) and Sport Clubs
- SPAC student groups
- Student clubs and organizations
- Sororities and fraternities
- Campus departments or offices (*on a regular basis or as a team-building event*)
- Resident advisors (*for your dorm floor or dorm building*)
- Special event coordinators (*pre-season training, workshops, conferences, seminars*)
- Teaching assistants: you can provide “active” office hours

Prices

AFFILIATION	ON-SITE (ARC/PAVILION)	OFF-SITE
Student Group	\$50	\$55
Non-Student	\$50*	\$55

**plus cost of day pass for each participant*