

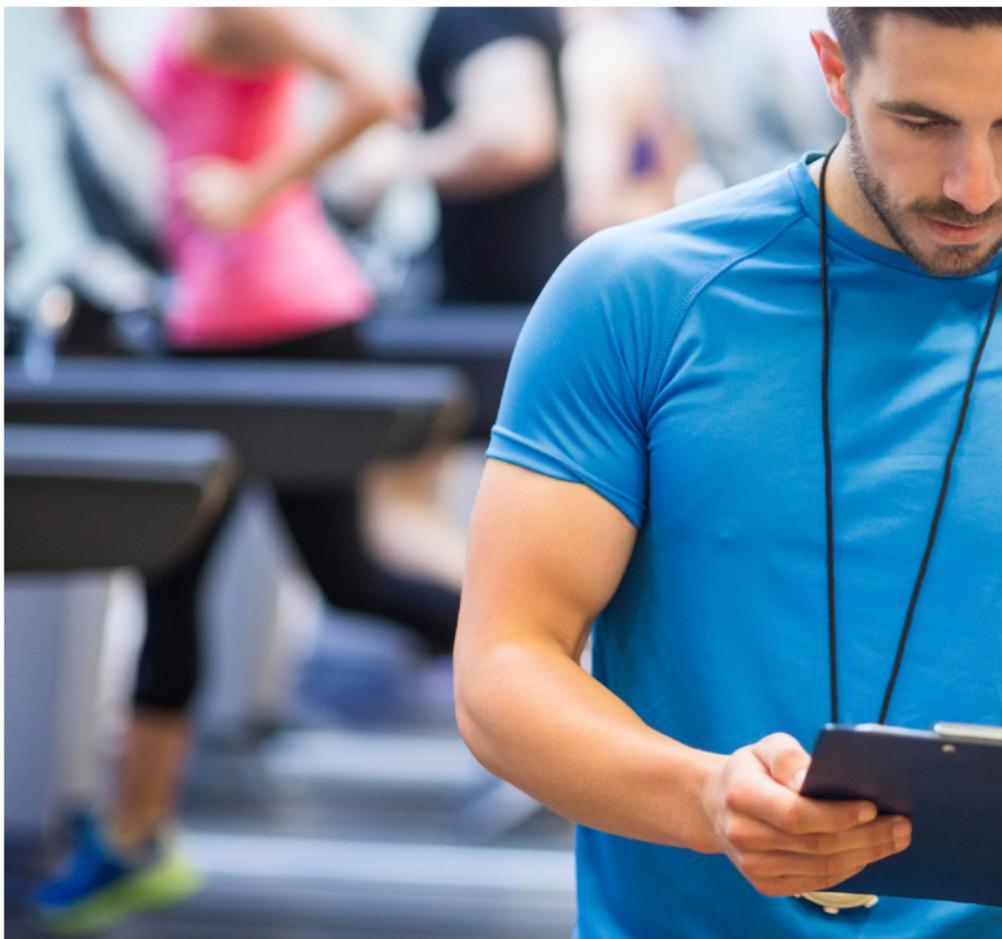


# REDEFINE.

WITH PERSONAL TRAINING



**BLOMEYER**  
HEALTH FITNESS CENTER  
AT EMORY

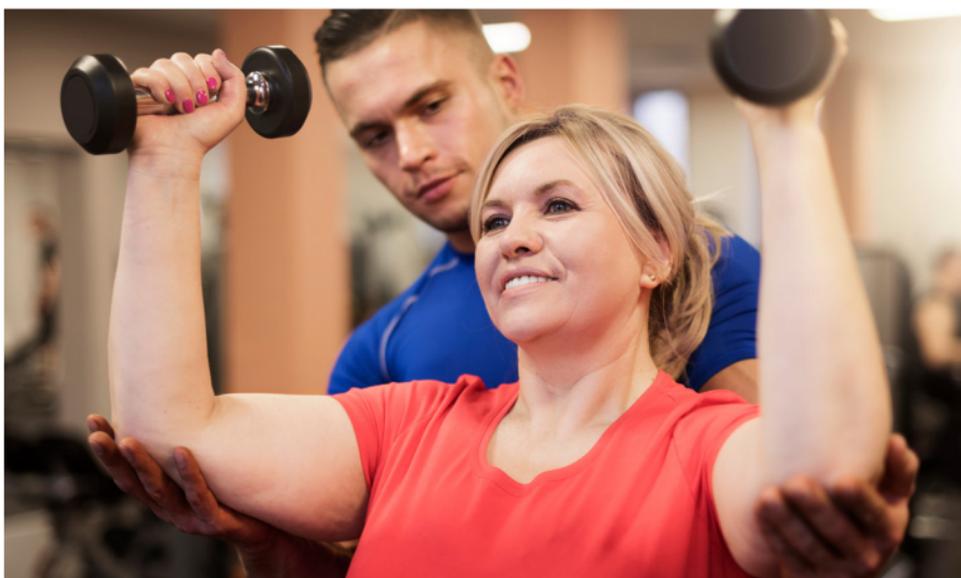


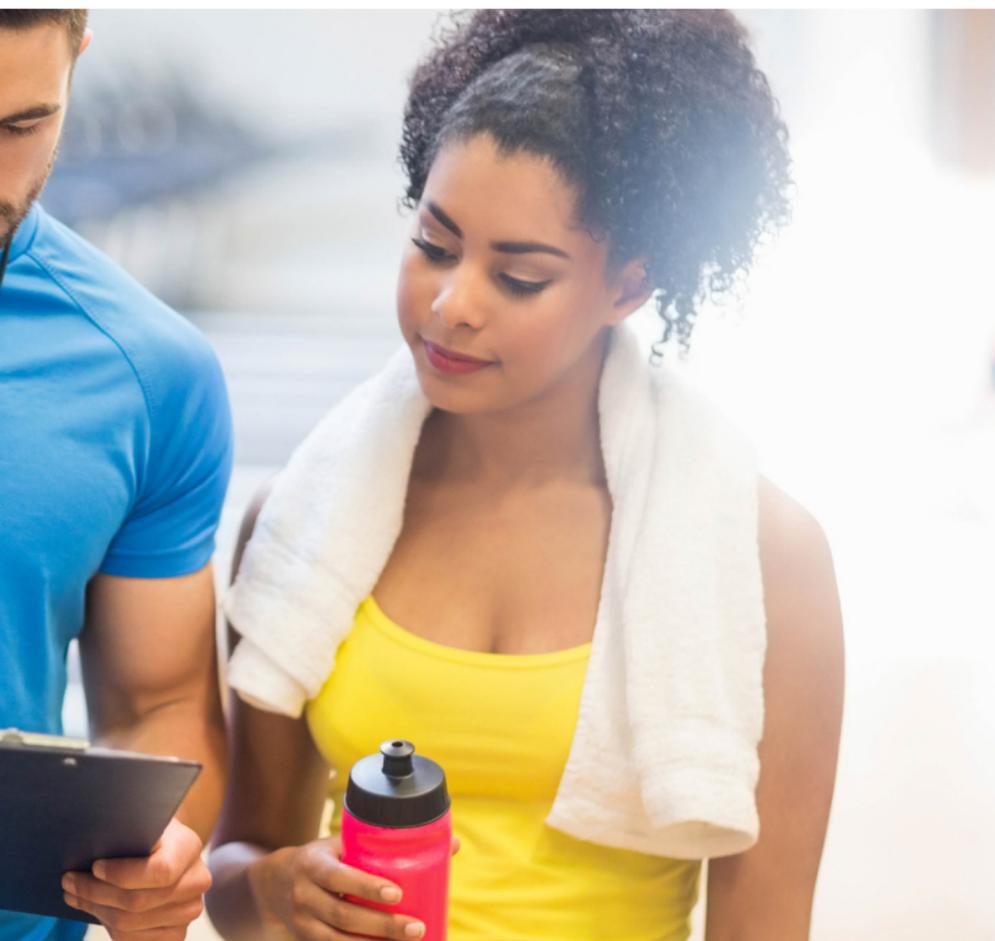
Get one-on-one support to help you gain strength, increase energy and improve performance with personal training.

Our personal trainers will listen to your unique needs, bring new ideas to challenge and motivate you to get the results you want. Our trainers are certified by nationally accredited personal training organizations and hold multiple specialty certifications.

### **Maximize results — get more than a workout**

Personal training includes a movement assessment to establish a baseline, identify areas of improvement, prevent injuries and measure progress. Results include a personalized fitness program.





## Package options

Session fees are per person and are due in full at time of scheduling first session.

*Note: 24-hours advance notice for cancellation. We reserve the right to retain 100 percent of the session fee if notice is not given.*

ONE-on-ONE	# Sessions	Package Price	Session Price
30 minutes	1 Session	\$35.00	\$35.00
	20 Sessions	\$600.00	\$30.00
60 minutes	1 Session	\$60.00	\$60.00
	20 Sessions	\$1,020.00	\$51.00

BUDDY	# Sessions	Package Price	Session Price
30 minutes	1 Session	\$28.00	\$28.00
	5 Sessions	\$130.00	\$26.00
	10 Sessions	\$250.00	\$25.00
60 minutes	1 Session	\$48.00	\$48.00
	5 Sessions	\$225.00	\$45.00
	10 Sessions	\$430.00	\$43.00

## Get started with a consultation

Stop by the fitness center for a consultation to learn more and get started.

## **Questions?**

For current information on  
programs and services,  
please call (404) 727-4600  
email [Blomeyer@emory.edu](mailto:Blomeyer@emory.edu)  
visit [hr.emory.edu/eu/wellness/blomeyer](http://hr.emory.edu/eu/wellness/blomeyer)

