



**MISSISSIPPI STATE**  
UNIVERSITY™

RECREATIONAL SPORTS  
PERSONAL TRAINING

Service	Training Sessions	Member Price	PT Only Membership	Description
<b>Basic Packages</b>				
Single Assessment	n/a	\$6.00	\$11.00	One MicroFit test
Full Assessment	n/a	\$11.00	\$21.00	Full MicroFit Assessment
Program and Orientation	n/a	\$35.00	n/a	Workout Program and Orientation
<b>Training Packages – Individual</b>				
Bronze	3	\$55.00	\$70.00	Full Assessment and Training
Silver	6	\$82.00	\$102.00	Full Assessment and Training
Gold	9	\$105.00	\$134.00	Full Assessment and Training
Maroon	Semester	\$475.00	\$546.00	Full Assessment and Training
<b>Training Packages – Partner</b>				
Bronze	3	\$80.00	\$104.00	Full Assessment and Training
Silver	6	\$125.00	\$152.00	Full Assessment and Training
Gold	9	\$156.00	\$198.00	Full Assessment and Training
Maroon	Semester	\$662.00	\$804.00	Full Assessment and Training
<b>Additional Training Sessions – Individual</b>				
	3	\$39.00	\$49.00	Additional Training Sessions
	6	\$66.00	\$79.00	Additional Training Sessions
	9	\$89.00	\$117.00	Additional Training Sessions
<b>Additional Training Sessions – Partner</b>				
	3	\$59.00	\$69.00	Additional Training Sessions
	6	\$89.00	\$114.00	Additional Training Sessions
	9	\$102.00	\$162.00	Additional Training Sessions

(see reverse side for details)

## Definition of Service

### **Single Assessment:**

a one-time only, choice of a body composition test, muscular endurance test, aerobic endurance test, or a flexibility test through our Micro-Fit Assessment Program

### **Full Assessment:**

a one-time only comprehensive Micro-Fit Assessment profile consisting of body composition, muscular endurance, aerobic endurance and flexibility

### **Program and Orientation:**

a one-time only comprehensive Micro-Fit Assessment profile, an exercise routine, and an equipment orientation

### **Training Packages (Individual):**

includes a comprehensive Micro-Fit Assessment profile, an exercise routine, and the number of sessions according to the package level purchased

*Maroon Package is limited to 3 sessions weekly*

### **Training Packages (Partner):**

includes a comprehensive Micro-Fit Assessment profile, an exercise routine, and the number of sessions according to the package level purchased for two people

*Maroon Package is limited to 3 sessions weekly*

### **Additional Sessions:**

those who currently possess an exercise routine or have exhausted their current sessions may purchase additional sessions

**\*Personal Training Membership Only Participants, may only use the facility during their scheduled session with a trainer.**

## How do I sign up?

1. Visit [www.recsports.msstate.edu](http://www.recsports.msstate.edu)
2. Click on [Fitness & Aerobics](#) link; then [Personal Training](#) link
3. Click on REQUEST A TRAINER HERE
4. Fill out both PDF forms thoroughly
  - Return via email to Associate Director, Jason Townsend at [tjt3@msstate.edu](mailto:tjt3@msstate.edu) or turn into the member services office in the front of the Sanderson Center

### Cancellation Policy:

You must cancel your scheduled sessions at least 24 hours in advance. There will be no make-up sessions awarded without a proper cancellation. You may cancel via email to [tjt3@msstate.edu](mailto:tjt3@msstate.edu) or voicemail at 662.325.7981

If you have additional questions regarding Personal Training, please contact Jason Townsend, Associate Director at [tjt3@msstate.edu](mailto:tjt3@msstate.edu) or 662.325.7981