

VSU CAMPUS REC

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# FITNESS & WELLNESS

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## Personal Training

### Frequently Asked Questions

**Q. What should I wear/bring during my session?**

A. Athletic shoes, sleeved shirt, gym shorts/pants, a hand towel, and a water bottle.

**Q. Can I choose my trainer?**

A. Yes, you can choose a specific trainer or one can be randomly selected for you.

**Q. What are the methods I can use to pay for my sessions?**

A. Cash, Check, or Flex.

**Q. Can I set up a payment plan for my sessions?**

A. Unfortunately, no. We require all sessions be paid in full before personal training sessions can begin.

**Q. What is buddy training?**

A. Buddy training is where two people sign up for group training with a personal trainer. Prices vary from individual training. Buddy training includes a personal trainer for two people.

**Q. If I sign up for buddy training, do I always have to train with my buddy?**

A. Yes, the sessions purchased with your buddy must all be completed together. You cannot change buddies during sessions.

**Q. Can my use of sessions be flexible?**

A. Yes, meeting times can vary with you and your Personal Trainer.

**Q. Do my sessions expire?**

A. Yes, after 120 days your sessions will be forfeited.

**Q. If I have an emergency arise, can I make up the session?**

A. Yes, your personal trainer will be flexible in the event of an emergency.

**Q. How long do the sessions last?**

A. About an hour per session for individual training and about 1 ½ for buddy training.