



U-Maine @ Presque Isle

Gentile Hall

Personal Training Services

Rates Apply to Gentile Hall Members Only

Orientation:

Orientation provides a demonstration for the weight machines and adjustment modifications.

Body Profile:

Body Composition analysis with caliper measurements and girth measurements.

Fitness Assessment

Fitness Assessment Includes: body profile, assessments of cardiovascular fitness, muscular strength and endurance, flexibility, and balance.

Individual Monthly Packages

& Rates Apply to Gentile Hall Members Only

Include fitness assessment plus the number of exercise sessions listed:

1 session a week for a month – \$80

2 sessions a week for a month – \$136

3 sessions a week for a month - \$180

Individual sessions may be purchased for \$20/hour

Important Note:

PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL A SCHEDULED SESSION.

NO-SHOWS AND SHORT-NOTICE CANCELLATIONS WILL BE ASSESSED A \$15.00 FEE.