

Personal Training

What is Personal Training?

Personal Training gives you the opportunity to exercise in a one-on-one environment with a nationally certified personal trainer or Lane Exercise and Movement Science student educated through Lane's EXMS program.

Your Trainer will evaluate your current fitness level and design an individual program based on your fitness test results and goals, then guide you through a safe and effective routine utilizing the facilities in The Fitness Connection at Lane Community College.



The first session includes an initial consultation, health risk appraisal and fitness testing. The following sessions include the results from your assessment and an individual exercise program based on your current fitness and goals. Sessions are one hour long and can be purchased in 3, 6 or 9 session packages used throughout the current term. No refunds for unused sessions.

This program is designed for low to moderate risk individuals who have clearance from their health care provider to exercise. Participants may be asked to provide clearance from their physician prior to beginning the training sessions.

What does Personal Training cost?

SESSION TYPE	CERTIFIED TRAINER	EXMS STUDENT TRAINER
Single 50 minute session	\$60	\$30
3 session package	\$135	\$60
6 session package	\$240	\$120
9 session package	\$315	\$180

