

## Personal Training Guidelines

### 1. Registration and Payment

- a. New/prospective clients must complete our [online registration form](#) prior to being paired with a personal trainer.
- b. A member of the URec Fitness team will email the client within 5 business days to discuss their trainer pairing.
- c. Sessions must be purchased prior to the first meeting with a trainer. Packages can be purchased on the [Weinstein Center Portal](#) (credit card) or at the Member Services desk (cash, check, Spider Card).
- d. The client's first session will include a free initial consultation to discuss health and fitness history, goals, and any other relevant information, in addition to any assessments the trainer deems necessary and/or the client may be interested in measuring.

### 2. Package Terms and Expirations

- a. All prices are based on one-hour sessions.
- b. Purchased sessions expire one year (365 days) from the date of purchase.
- c. Pricing and packages
  - i. Full-time students, full-time employees, retirees, and dependents:
    1. \$30/session, no limit on number of sessions at this price
  - ii. All other membership types:
    1. 1 session - \$50
    2. 3 sessions - \$144
    3. 6 sessions - \$276
    4. 10 sessions - \$450
    5. 20 sessions - \$840

### 3. Weinstein Center Policies

- a. All personal training clients are responsible for following all of the [Weinstein Center Policies](#), including (but not limited to):
  - i. Appropriate athletic footwear is required when exercising.
  - ii. Only drinks in closed, resealable, plastic containers are allowed in exercise spaces. All other food/drink must be consumed in lounge areas.
  - iii. Wipe down all equipment after use and return weights to designated racks/posts after use.
  - iv. Do not drop weights at any time.
  - v. Chalk is not permitted.

- vi. Only individuals employed by the department of University Recreation may conduct personal training in any University of Richmond campus facility. Training is defined by any of the following:
  - 1. Leading an individual through a designated workout
  - 2. Providing one-on-one exercise instruction and education
  - 3. Prescribing an exercise program for another individual
  - 4. Verbally or visually promoting a training company
  - 5. Receiving payment for exercise or sports performance guidance, including payment of guest fee
- vii. Any individual acting as a trainer, as defined above, who is not employed by the department of University Recreation at the University of Richmond will be asked to discontinue the session immediately. If the individual fails to comply with the request, all membership and guest privileges may be suspended or revoked for the individual(s) in question and client(s) involved.
- b. The Department of University Recreation strives to offer a welcoming environment to all of our members. We believe that everyone should have equal access to our facilities and programs and fully support the [University's Policy Prohibiting Discrimination](#):
  - i. The University of Richmond prohibits discrimination and harassment against applicants, students, faculty, or staff on the basis of race, religion, national or ethnic origin, age, sex, sexual orientation, gender identity, gender expression, disability, status as a veteran, or any classification protected by local, state, or federal law.

#### 4. Cancellation Policy

- a. All cancellations must be communicated to your trainer at least **24 hours prior** to a scheduled training session in order to avoid being charged for the session. This includes being more than **15 minutes late** to a session without notifying the trainer. Clients who do not cancel with 24 hours notice or who show up more than 15 minutes late without notice will be charged for the session.