PERSONAL TRAINING

What is personal training?
Personal training is a result-driven exercise program designed specifically for you. Certified personal trainers will assist you in goal setting, tailored workouts, equipment usage, motivation techniques, and exercise adherence! Fitness assessments are also available and can be purchased independently or together with personal training sessions.

Who is it for?
• Individuals of any age (16 and older) or fitness level
• People who need programs tailored toward their specific needs and goals
• Individuals who desire accountability, positive feedback, and motivation

What does it cost?
Select from several packages based on your available time, needs, and goals. Packages include 6 to 40 sessions, each meeting from 30–60 minutes. See our website for more information.

How do I get started?
Email dana.foster@uni.edu, call (319) 273-5859, or visit our website.

Can I become a PT?
Yes! See information on personal trainer certification on our website.

Questions? Contact me!
Dana Foster,
Fitness Coordinator
(319) 273-5859
dana.foster@uni.edu

NEW!
Have a friend or spouse that you would like to workout with? UNI personal training now offers small group training with group sizes ranging from 2-4 participants. Get the hands on coaching of our certified personal trainers at a reduced rate with small group training!

GET CERTIFIED!
This instructor course is offered to students who are interested in becoming a personal trainer at the Wellness/Recreation Center. This ten-week, intensive class covers exercise physiology, anatomy, biomechanics, hands-on practical training, exercise programming, motivation, and coaching techniques. Must commit to two semesters after completing the training program to personal train at UNI Recreation Services.

PERSONAL TRAINING
Fee: $150
Informational meeting: Friday, August 28th, 3pm–4pm, WRC 155
Training: Monday’s and Wednesday’s, August 31st – November 6th, 3pm–4pm, and Friday’s 3pm–4:30pm, WRC 155

GROUP FITNESS INSTRUCTOR
This course is designed to provide theoretical knowledge and practical skills in group fitness instruction. Topics include guidelines for instructing safe, effective, exercise, the principles of motivation and communication for adherence in the group fitness setting. Practical training will cover kickboxing, cycling, interval training, strength based classes. Must commit to two semesters after completing the training program to teach at UNI Recreation Services.

Fee: $120
Informational meeting: Friday September 4th, 3:30pm, WRC 104
Training: Meets on Friday’s, September 11th – November 13th, 2pm–4:30pm, WRC 85

YOGA INSTRUCTOR
This informative workshop gives you the tools to teach vinyasa yoga classes. Manual with over 70 pose breakdowns, physical execution, practical training and safety techniques.

Fee: $200
Training: Saturday, October 10th, 9am – 4pm, and Sunday, October 11th, 9am – 1pm, WRC 85

AQUATIC FITNESS INSTRUCTOR
Learn to teach group aquatic exercise classes. If you love the water, have good people skills, lots of energy and enjoy all the benefits of exercise, this certification gives you a great part time job while having fun too. Must be a current UNI student.

Fee: $75
Informational meeting: Friday September 4th, 3:30pm, WRC 104
Training: TBD and based on individual schedule

For more information on any of the instructor certifications, contact Dana Foster at dana.foster@uni.edu
In order to slow the spread of COVID-19 and adhere to our new limited capacities, our Fit Class Pass will be one fee per semester long class. Pay by cash or credit card in WRC 101 or online! No refunds.