Whatever your goals, our Personal Trainers will create a training program that fits your style. The Personal Training program is a physical, psychological and emotional experience designed not only to make you feel more powerful, but to educate and empower you to take a greater role in your personal fitness.

Benefits of our Personal Training Program include:

- Complimentary MicroFit Assessment and Consultation
- Flexible scheduling options
- Partner training
- Access to exclusive new equipment
- Access to exclusive new Personal Training Studio
- Additional fitness assessment options
- Flexible pricing packages
- Development of specific and achievable fitness goals
- Personalized fitness programs
- Ongoing motivation, encouragement, and support
- Education on safe and effective exercise technique
- Orientation to fitness equipment

For more information, visit the Kennesaw State University Department of Sports and Recreation at www.sportsrec.kennesaw.edu/owlfit