OwlFit Personal Training

Whenever 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
- New sophisticated scheduling software
- 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.kennesaw.edu/sportsrec](http://www.kennesaw.edu/sportsrec)

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**OwlFit Personal Training Price Options**

*All packages include complimentary MicroFit Assessment and Consultation*

### Student Private Training Packages
1. 1 Session Package $30
2. 2 Session Package $55
3. 3 Session Package $75
4. 6 Session Package $130
5. 9 Session Package $170
6. 12 Session Package $210

### Student Partner Training Packages*
1. 3 Session Package $125
2. 6 Session Package $220
3. 9 Session Package $285
4. 12 Session Package $355

### Non-Student Private Training Packages
1. 1 Session Package $35
2. 2 Session Package $65
3. 3 Session Package $85
4. 6 Session Package $150
5. 9 Session Package $195
6. 12 Session Package $245

### Non-Student Partner Training Packages*
1. 3 Session Package $145
2. 6 Session Package $250
3. 9 Session Package $325
4. 12 Session Package $390

*Please note that partner package prices reflect the TOTAL cost of the package that will be divided between both patrons. Partner packages are limited to two patrons and each patron will receive private MicroFit assessment and consultation.

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Kennesaw State University
Sports and Recreation
OwlFit