our approach

The goal of our personal training program is to create a healthier, happier you for the rest of your life.

Believe it or not, you are in control. You can achieve your goals. We believe that, and it is our job to give you the tools to succeed. Whether it is shedding a few pounds, learning to exercise for the first time, or train like an athlete, we will give you the knowledge and motivation to be the person that you know you are!



Personal trainers are dedicated...

start today!

Email us at FACFitness@loyola.edu

...to helping you reach your potential. We pride ourselves as being more than personal trainers. The road to achieving your goal is filled with life lessons. From building confidence and self-esteem to improved discipline and focus, FAC Personal Trainers are dedicated to you and achieving lifelong health and wellness.

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Contact Info
Fitness and Aquatic Center
4900 N. Charles St.

410-617-2897 FACFitness@loyola.edu www.loyola.edu/recsports



get results

THE FIRST TIME





get started

Personal Training Packages All training packages come with a complimentary fitness assessment

Silver\$2 Four personal training sessions Partner \$120/per person	200
Gold\$3 Eight personal training sessions Partner \$180/per person	320
Platinum\$5 Sixteen Personal Training Sessions Partner \$320/per person	590

Personal Training A LA Carte

Fitness Consultation 1hr	.\$20
Personal Training 1hr	.\$60
Personal Training 30min*	.\$34
*Partner Training is Unavailable	

expect results

What results can you expect from your personal trainer?

Your trainer is your personal guide to a healthier, happier you. They provide scientifically grounded health and wellness solutions to reach your fitness goal in the shortest amount of time possible. Results come from hard work and dedication. Your trainer will be by your side to make sure every drop of sweat counts!

goals

With national accreditation in exercise science and fitness programming, our trainers will help you:

- >> Lose Body Fat
- >> Increase Muscle Mass
- >> Increase Flexibility
- >> Increase Endurance
- Develop Healthy Habits

> > > > 1, 2, 3

- **1.** Make an appointment by emailing FACFitness@loyola.edu.
- **2.** You will be contacted by your new trainer with information about setting up a consultation. (required for all new clients)
- **3.** Purchase is only required at time of first meeting.

Congratulations! You have taken the first step to a healthier you!

partner training

Statistics show that working with a partner increases the likelihood to achieve your goals.

check out our awesome partner rates

