

For more information
go to the Proshop
or the Assessment Rm
1100 A at the
Student Recreation
Center (SRC)

**Moving towards being the
Healthiest Campus in America!**



Personal Training

ODU Recreation and Wellness

Member/Sessions	One-on-one 1 Hour	One-on-one 8 Hour	Buddy 1 Hour	Buddy 8 Hour
Student Member	\$28	\$196	\$35	\$245
Faculty/Staff Member	\$35	\$246	\$44	\$308

Interested in personal training!

- ♥ Stop at the Proshop.
- ♥ Fill out the info form and purchase one of the packages listed above.
- ♥ Review the catalog to choose a trainer.
- ♥ Pay at the Proshop with cash or check payable to Old Dominion University.
- ♥ You will be contacted by phone or email by the trainer to begin your program.



ODU Recreation and Wellness

**4700 Powhatan Avenue,
Norfolk, VA 23529**

Ph: (757)683-3384

Fax: (757)683-3386

www.odu.edu/recsports

HAVE GREAT WORKOUT AND GET INTO SHAPE!