

Department of Campus Recreation: SouthFit Personal Training

Steps to sign up

Step 1: Choose the personal training package that you would like on ~~page 2~~ ~~Page 2~~. Determine if you need a physician's clearance (~~page 4~~). If so, send your physician the Release to Exercise (~~page 5~~) and then have him/her return it to you. Attach the release ~~back~~ to your packet. This release should list any exercise restrictions per the ~~trainer~~. You will be contacted by a trainer once the paperwork and payment have been received. ~~12~~ business days but may take longer during busier times of the year. ~~Be sure~~ to ensure that you are available for personal training sessions.

Make appointments without payment.

Your sessions will expire. See ~~page 2~~ for expiration lengths. There are no refunds on

