

PERSONAL TRAINING

**LOOKING TO GET FIT?
WE CAN HELP!
WITH OUR CERTIFIED PERSONAL TRAINERS!**



Fitness Center

OKLAHOMA CITY UNIVERSITY

Phone: 405-208-5378

E-mail: jttriplett@okcu.edu

Need a motivational boost or want to receive a specialized exercise program? Whether you have experience or just beginning, here's your opportunity to work with a certified trainer.

Personal trainers start with an initial visit and assessment in order to understand your current fitness level and needs to develop a plan to reach your fitness goals. After the initial visit, you continue to meet with the trainer, as often as you'd like, in order to stay on course and benefit from their guidance.

OCU Rates:

Individual training: \$25 / hour

Multiple clients: \$20 per person/ hour