

PERSONAL TRAINING

Sign up today!

Number of sessions	Price
1 (30 minutes)	\$12
3 (30 minutes)	\$35
6 (30 minutes)	\$70
10 (30 minutes)	\$116
1 (60 minutes)	\$20
3 (60 minutes)	\$58
6 (60 minutes)	\$120
10 (60 minutes)	\$193

Equipment Orientations: Every other Wednesday @ 4:00pm,
no registration required

Fitness Assessments = Free, by appointment

To register, go to <https://recportal.missouristate.edu> or visit the Welcome Desk at the FRC