

FGCU FITNESS PERSONAL TRAINING PROGRAMS

EAGLE 300- a high intensity workout specifically designed to help you tone and tighten, lose weight, and develop that great beach body! \$230 for 12 sessions- individual training.

FITLAB- group personal training at its best! FITLAB is performed in groups of 8-10 individuals and features boot camp style workouts- meaning anything goes! \$99 for 12 sessions- group training.

ULTIMATE FITLAB- take the normal FITLAB program, and increase the intensity. \$125 for 12 sessions- group training.

FLUID FITNESS- an aquatics based workout program designed for those who prefer working out in the pool. Incorporates cardio, strength training, and more! \$230 for 12 sessions- individual training.

STRONGMAN- looking to get big? Then this is the program for you...learn to flip tires, carry massive rocks, throw posts, fireman's carry, etc. Ever wonder how those guys on ESPN Strongman competitions train, find out in this great program. \$230 for 12 sessions- individual training.

2-4-1- two clients, one great price. Work out with a buddy and only pay half the price of regular personal training. \$275 for 12 sessions (\$137.50 a piece).

X-TREME BOOTCAMP- for women, by women! A ladies only group training program that incorporates high intensity training utilizing stability balls, resistance bands, kickboxing, water aerobics, and more! \$99 for 12 sessions- group training.

PERSONAL TRAINING- looking to achieve those specific workout goals? Then FGCU Personal Training is for you. Regardless of your goals, we can design a program specifically for you! Contact the Fitness Center Front Desk for more info...we offer single sessions, packages of 6 or 12, or semester-long training packages.

PERSONALIZED WORKOUTS- don't need a trainer but looking for a great workout? Then take advantage of this training option- the trainer will take you through an individually designed workout during your first session, after that you're on your own.