ADULT GROUP EXERCISE PROGRAM
Mon & Wed or Tue & Th 5:15-6:00pm
Provide qualified instruction and supervision for exercise programming in a combination of cardiovascular and strength training to improve fitness and health for ALL fitness levels in a group.

INDIVIDUAL PERSONAL TRAINING
8 Sessions: $150
Exercise 2 days/week by appointment with a certified exercise coach and/or trained exercise science student. Our staff will design a personal exercise program for you and keep you accountable to reach your goals. Client to staff ratio after the first two weeks is typically 2:1

To Register: www.unk.edu/fitnessprograms
Or Call at: (308) 865-8336