

Personal Training Pricing

Student Packages

Assessment Only	\$15.00
Starter Pack (Assessment, 2 sessions)	\$45.00
Multi-Pack [#]	
6 sessions	\$99.00
9 sessions	\$144.00
12 sessions	\$180.00
15 sessions	\$210.00
18 sessions	\$234.00
Additional sessions	\$13.50/session
Buddy Pack*	
6 sessions	\$89.10 each
9 sessions	\$129.60 each
12 sessions	\$162.00 each
15 sessions	\$189.00 each
18 sessions	\$210.60 each
Additional sessions	\$12.15 each/session

Faculty/Staff Packages

Assessment Only	\$20.00
Starter Pack (Assessment, 2 sessions)	\$54.00
Multi-Pack [#]	
6 sessions	\$120.00
9 sessions	\$171.00
12 sessions	\$216.00
15 sessions	\$255.00
18 sessions	\$288.00
Additional sessions	\$16.00/session
Buddy Pack*	
6 sessions	\$108.00 each
9 sessions	\$153.90 each
12 sessions	\$194.40 each
15 sessions	\$229.50 each
18 sessions	\$259.20 each
Additional sessions	\$14.40 each/session

*Each person must pay for the package.

[#]First session is an assessment unless you are a returning client. Returning clients do not receive an assessment unless purchased separately.

Scheduling

- Complete the Personal Training Packet (found online or in-person) and return to the Fitness Center
- Pay for packages in person with check, cash, or Lancer Cash at the Office of Campus Recreation in the Fitness Center, Pierson 304, M-F 8:30 am – 5:00 pm or online.

If you have any questions/concerns, and/or if you wish to request disability-related accommodations, please call (434) 395-2356 or email campusrec@longwood.edu

<https://www.longwood.edu/recreation/>