

## Rutgers Recreation

### Personal Training, Metabolic Testing & Nutritional Counseling Policies

Payments are to be made in advance. Any continuing sessions may be purchased at any of the following locations: College Avenue Gymnasium (Room 105) and the Sonny Werblin Recreation Center (Administrative Office).

Student Rates are only available to FULL-TIME Students.

Personal Training & Nutritional Counseling sessions do not expire. However, due to inherent changes in health/fitness status, clients that have not trained with a Rutgers Trainer within the past 6 months must undergo a reassessment. You may either purchase another Start-Up Package or use the first of your remaining sessions as a reassessment.

We are not able to issue monetary refunds for remaining sessions more than 6 months after purchase date.

All first time clients will be asked to complete a full request packet.

Appointments must be cancelled at least 48 hours in advance by calling the Personal Training Coordinator at 848-932-8110 or 24 hours in advance by contacting the trainer directly.

A missed appointment or improper notification of a cancellation will result in the appointment being forfeited. You will be charged for the appointment.

Please be ready to begin each appointment at the scheduled time. Unfortunately appointments will not be extended for late arrivals.

Please wear proper workout attire (preferably T-shirt and shorts) to all training sessions including the assessment. It is imperative that sneakers are worn for personal training. We are not able to reschedule a workout session due to improper dress.

Please avoid caffeine, nicotine, alcohol, exercise and other strenuous activity the day of your assessment (first appointment of Personal Training Start-Up Package, second appointment of Metabolic Weight Loss Start-Up Package), and for Nutritional Counseling Start-Up. For all Metabolic Testing, please avoid caffeine, nicotine, alcohol, exercise and any food or drink (with the exception of water – please stay hydrated) for four hours prior to your appointment.

Only personal trainers affiliated with Rutgers Recreation are permitted to conduct sessions within our facilities

Please keep this receipt as proof of payment of your Start-Up Package.

Larger training & nutritional counseling packages are available for purchase once the Start-Up sessions have been completed.

Tandem and small group training available. Contact the personal training coordinator for more information.

Questions and concerns regarding Personal Training, Metabolic Testing Services, and Nutritional Counseling can be addressed by contacting Nick Occhipinti at 848-932-8110 or [nick.occhipinti@rutgers.edu](mailto:nick.occhipinti@rutgers.edu). We thank you for training with us and look forward to working with you.