

PERSONAL TRAINING SUCCESS ///

THIS IS CHI.

TRAINER: Emily Schuckman



"Emily changed my life!"

Chi had little time to devote to working out. But, she finally decided it was time for a change and set up a meeting with Emily, a Campus Rec personal trainer. After taking measurements and initial assessment, Chi and Emily set a goal of one year to lose 50 pounds. They set smaller 90-day goals to keep her motivated.

The more she let go, the more fun Chi had and the more weight she lost. Chi is now down 52 pounds and four dress sizes. Looking back, Chi is awed by what she accomplished. Personal training gave her knowledge, support, and confidence to reach her fitness goals and Emily taught her how to deal with challenges not only in the gym, but in everyday life. Chi says Emily is "a life changer, not just a trainer."



Personal Training & Nutrition

\$50 PT Starter includes

- (1) fitness assessment
- (1) nutrition consultation
- (1) 1-hour personal training session

Additional options available. Visit the Member Services desk to sign up or inquire.