

Personal Training Services



Personal training services at Ara can be purchased at Student Finance or at the Ara gym. Contact or visit the Recreation Centre staff, before or after payment, for more information or to make a booking.

Whareora (W Block), City campus | personaltrainer@ara.ac.nz

	First session/consult (60 mins)	1x 30 mins	1x 60 mins	6-week	Health & Wellbeing package
Student or Staff	FREE	\$30	\$60	\$169	\$254.15
Community	FREE	\$45	\$70	\$179	\$299

Note: refunds only given in circumstances that are out of the control of both parties

<p>Introductory session 1:1 Personal Training Session (60 min)</p> <ul style="list-style-type: none"> • Included: comprehensive consultation, a review of gym experience, injuries (past/present) and goals • Baseline testing to see where your current strength and fitness is at • Recommended for those who are new to the gym and need guidance with exercises
<p>1:1 Personal Training Session (30min / 60min)</p> <ul style="list-style-type: none"> • Personalised 1:1 session based on initial consultation • Perfect for those wanting a time efficient and effective workout to help them towards their goals
<p>Coaching Program (6-week)</p> <ul style="list-style-type: none"> • Personalised 6-week program based on initial consult • 3 x fortnightly PT sessions (including initial consult) <ul style="list-style-type: none"> – Included are 2-4 tailored programmed workouts a week • Retesting after every 6 weeks • Recommended for those who have specific goals and have moderate to advanced gym experience
<p>Health & Wellbeing package in partnership with The Zone First session includes: (can be split over 2 days)</p> <ul style="list-style-type: none"> • 30min consultation • 20min functional movement screen • 15min body composition test <ul style="list-style-type: none"> – VO2 Aerobic fitness testing – 6-week strength and conditioning program – 90 min initial nutrition consult; face- to-face or online <p>Second session includes:</p> <ul style="list-style-type: none"> • 15min follow up body composition test • 30min follow up consult