

Policy Statement regarding Personal Training within University Recreation Managed Areas

Only individuals employed as Personal Trainers through University Recreation are allowed to perform any type of personal training/instruction (one on one, partners, small group, etc) within the Student Recreation Center, the Aquatic Center, Student Recreation Center Field Complex or any other property under the regulation and management of University Recreation. Although we recognize and understand the importance and benefits of working out with friends or having a workout partner, instruction provided that is or may be perceived as personal training is not allowed. University Recreation will take corrective action to prevent this from occurring. Although a warning may be provided, we reserve the right to remove any patron(s) in violation of this policy. This will extend to the individual that is perceived as providing training as well as any apparent clients and may ultimately result in loss of facility privileges. This policy is designed to protect the health and well-being of our patrons and to insure that any personal fitness instruction under University Recreation direction is from qualified individuals. In keeping with our mission of contributing to the overall learning experience of The University of Alabama, we encourage those interested in obtaining employment as a Personal Trainer with University Recreation to visit the "employment" section of our website to view the application process.

Fitness Services Policies and Procedures:

Payment: Payment for our fitness services can be made at the Student Recreation Center or the Aquatic Center. Payment must be received in full prior to any service being scheduled. Full payment for partner training must be made by both individuals at the same time.

Expiration: All fitness service offerings expire 365 days from the date of purchase. Fitness services purchased are void after this time period.

Refund: Fitness service offerings are non-refundable unless a verifiable medical conflict exists (physician letter required).

Cancellation: Appointments must be canceled 24 hours in advance by notifying your personal trainer via phone and/or email. Appointments not cancelled will be charged as a training session/service. The trainer will make up any sessions he/she has to cancel.

Arriving Late: Please contact your trainer if you will be arriving late for your appointment. Trainers will wait 15 minutes for late arrivals, at that point the session/service will be charged and the personal trainer has the right to leave the premises. Session time missed for late arrivals will not be made up.

Partner and Group Training Cancellation: There are no individual make up sessions for partner or group training. Missing a partner or group session will result in that individual forfeiting the session.

Registration: The fitness services packet must be completed and submitted with payment to the appropriate University Recreation facility office prior to any service being scheduled. Upon receipt of these materials, a personal trainer will be in contact via email and/or phone within 3 business days to schedule an appointment.

Medical: After review of your medical history our Coordinator of Fitness Services may request you to submit information from your physician prior to scheduling an appointment. This is a very routine process for personal training and is an attempt to make certain that we follow all medical guidelines from your doctor.

Contact Information:

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