

Training for the Cardinal athlete in all of us!

**Meet the Certified Personal
Trainers at the Get Healthy Now
Wellness Center:**

Julia Mackenzie-Rollinson

Health Fitness Specialist

ACSM CPT, RRCA Certified Running Coach

Julia received her B.A. in Exercise Science from Transylvania University. An active runner, her focus is on core stability and race training to prepare you to look and feel your best.

Jamie Udeze

Health Fitness Specialist

ACE Certified Personal Trainer

Jamie received his B.A. in Exercise Science from University of Northern Iowa. An avid sports fan, he focuses on strength, conditioning, and functional training which prepare individuals for the movements performed in everyday life.

Go Cards!



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Get Healthy Now
Wellness Center

PERSONAL TRAINING

at the Get Healthy Now

Wellness Center

at Humana Gym



Get Healthy Now Wellness Center

601 Presidents Blvd.

Louisville, KY 40217

Phone: 502-852-7755

ghn@louisville.edu

Hours of Operation:

Mon. – Fri.: 6am – 9pm

Saturday: 9am – 5pm

Sunday: 12pm – 5pm

LITTLE THINGS DO MAKE A BIG DIFFERENCE.

Whatever your motivation, set yourself up for success by partnering with one of our personal trainers. By helping you to set realistic, attainable goals, we work with you to develop a customized plan to reach them. Our trained and experienced staff can help you reach your boldest wellness goals. Working with our professional ensures that your workouts are safely administered and designed with the results you want in mind.

All of our trainers are certified by nationally accredited personal training and athletic performance organizations. We require this to ensure you receive the most up-to-date health information to maximize the results of your exercise program, your time and your investment.

Schedule your Personal Training

Visit the front desk receptionist at the GHN Wellness Center, call, or email us to schedule a free introductory session and meet our trainers. (502) 852-7755 ghn@louisville.edu

Everyone can use a little help with exercise—whether you're just starting out or you're a honed athlete. Our personal trainers will listen to your unique needs, bring new ideas to challenge your mind and body, and inspire you to obtain the results you desire.

Schedule the first *little* step.

Personal training sessions are available at a variety of time slots and price points for your convenience.

Session fees%

Introductory session: Free (with membership)

One-on-one	30 min	45 min	60 min
1 session	\$35	\$45	\$50
5 sessions	\$150	\$200	\$235
10 sessions	\$280	\$380	\$450
Buddy*	30 min	45 min	60 min
1 session	\$40	\$60	\$80
5 sessions	\$180	\$270	\$360
10 sessions	\$350	\$530	\$700

*Two person; fee indicated is total cost. Session/package payment is due in full at time of scheduling first session.

%Sessions expire 6 months after purchase.

Cancellations

Please respect your trainer's schedule by giving 24-hour advance notice of cancellation. The Get Healthy Now Wellness Center at Humana Gym reserves the right to retain 100 percent of session fee if sufficient notice is not given.

Schedule the first little step.

- Not sure how to start a fitness program?
- Bored with the same old workouts?
- Not seeing results with current workouts?
- Training for a sport or event?
- Need accountability and motivation to reach your full potential?
- Have a specific illness, injury or condition limiting your physical activity?