



Fitness Center Member Services

Personal Training

One-on-one training with a NASM certified trainer who will help you develop an individualized safe program designed to meet your fitness and health goals.

One Hour Session

45 Minute Session

30 Minute Session (interval training)

Personal Training Package
Package includes 20 Single Sessions

Tandem Training

Tandem training is a form of personal training including two individuals with one trainer.
Session is One Hour

Tandem Training Package
Package includes 20 Tandem Sessions

Group Training (3+)

Make your exercise a social experience by working out with friends. A NASM certified trainer will develop a program that will help all participants meet their fitness and health goals.

One Complimentary Fitness Assessment

Meet with a NASM certified trainer to discuss the best program for you to help you meet your fitness and health goals.

Nutritional Consulting

Provided by an ISSA Certified Nutritionist. Includes diet analysis, meal planning, education on eating guidelines, and sport specific nutrition.

Massage Therapy

Our highly trained massage therapists are on call six days a week to accommodate your needs. Whether it's relaxing, deep tissue or injury massage you are seeking, we can help.

One Hour Massage

One Hour Thirty Minute Massage

Miscellaneous

A guest is welcome to workout with you for a nominal fee.
Locker Rental, Laundry Service, Water & Gatorade are available for purchase.

PLEASE CONTACT THE DUMKE PHYSICAL HEALTH CENTER
FOR FURTHER INFORMATION.