

Method(s) of Description	Program Options	Student Cost	Member Cost	Non-Member Cost	Semesters Included	Personal Training Options	Student Cost	Member Cost	Non-Member Cost	Fitness Assessments (Y/N)	Student Cost	Member Cost	Non-Member Cost	Method(s) of FA	
15 second video + small paragraph	Semester Pass	\$45	\$45	\$65	Fall or Spring	1 60-Min Session	\$55	\$55	\$65	Yes	\$30	\$30	\$35	Bioelectrical Impedance	
	Annual Pass	\$125	\$125	\$185	Fall, Spring, and Summer	5 60-Min Sessions	\$250	\$250	\$300					Three Site Skinfold	
	One Class Pass	\$7	\$7	\$7	N/A	10 60-Min Sessions	\$450	\$450	\$550					InBody 570	
	Semester Pass + Group Fitness Pass	\$90	\$90	\$125	Fall or Spring	15 60-Min Sessions	\$600	\$600	\$750						
	Annual Pass + Group Fitness Pass	\$215	\$215	\$300	Fall, Spring, and Summer	20 60-Min Sessions	\$700	\$700	\$900						
						5 30-Min Sessions	\$125	\$125	\$150						
						10 30-Min Sessions	\$200	\$200	\$300						
						Small Group Training 1/Week	\$450/group	\$450/group	--						
						Small Group Training 2/Week	\$750/group	\$750/group	--						
						Small Group Training 3/Week	\$1,050/group	\$1,050/group	--						
						5 60-Min Buddy Sessions	\$350/group	\$350/group	\$400/group						
						10 60-Min Buddy Sessions	\$650/group	\$650/group	\$750/group						
						15 60-Min Buddy Sessions	\$900/group	\$900/group	\$1050/group						
						20 60-Min Buddy Sessions	\$1100/group	\$1100/group	\$1300/group						
	1 min video + small paragraph	F45 only	\$85	\$85	\$85	Fall or Spring	1 60-Min Session	\$30	\$30	\$30	Yes	\$30	\$30	N/A	Fitness Assessment
FIT Pass + F45		\$129	\$129	\$129	Fall or Spring									Health-Related Assessment Seven Site Skinfold	
Very small paragraph	**Program only included with memberships**					1 60-Min Session	\$33	\$33	N/A	Yes				not posted	
	Student Membership (included in student fees)	\$0	N/A	N/A	Fall, Winter, Spring, or Summer	5 60-Min Sessions	\$165	\$165	N/A	60-Min FA + Body Comp	\$30	\$30	N/A		
	Student Membership per term (who don't pay certain fees)	\$100	N/A	N/A	Fall, Winter, Spring, or Summer	10 60-Min Sessions	\$250	\$250	N/A	30-Min Body Comp Testing	\$20	\$20	N/A		
	Faculty and Staff Membership per term	N/A	\$110	N/A	Fall, Winter, Spring, or Summer	20 60-Min Sessions	\$440	\$440	N/A						
	Family Member Membership per term	N/A	\$110	N/A	Fall, Winter, Spring, or Summer	5 30-Min Sessions	\$110	\$110	N/A						
	Alumni Membership per term	N/A	\$135	N/A	Fall, Winter, Spring, or Summer	10 30-Min Sessions	\$200	\$200	N/A						
	Community Member Membership per term	N/A	\$180	N/A	Fall, Winter, Spring, or Summer	20 30-Min Sessions	\$380	\$380	N/A						
						1 60-Min Buddy Session	\$38/person	\$38/person	N/A						
						5 60-Min Buddy Sessions	\$175/person	\$175/person	N/A						
						10 60-Min Buddy Sessions	\$325/person	\$325/person	N/A						
						Initial PT Session Package 60-Min	\$90	\$90	\$110	Yes					Seven Site Skinfold
	30 sec video + three paragraphs	Single Class Pass	\$8	\$10	\$15	Fall, Winter, or Spring	1 60-Min PT Session	\$35	\$35	\$45	60-Min FA + Body Comp	\$25	\$25	\$35	Muscular Strength testing
5 Class Pass		\$30	\$40	N/A	Fall, Winter, or Spring	3 60-Min PT Sessions Package	\$96	\$96	\$130	30-Min Body Comp Testing	\$10	\$10	\$15	Muscular Endurance testing	
10 Class Pass		\$50	\$70	N/A	Fall, Winter, or Spring	5 60-Min PT Sessions Package	\$160	\$160	\$220					Flexibility testing	
1 Month Unlimited Class Pass		\$20	\$30	\$40	Fall or Spring	10 60-Min PT Sessions Package	\$300	\$300	\$430					Cardiovascular fitness testing	
Semester Unlimited Class Pass		\$75	\$115	N/A	Fall or Spring	20 60-Min PT Sessions Package	\$550	\$550	\$840						
LionHeart Bundle		\$100	\$140	N/A	Fall or Spring	Initial PT Session Package 30-Min	\$60	\$60	\$80						
						1 30-Min PT Session	\$22	\$22	\$32						
						3 30-Min PT Sessions Package	\$57	\$57	\$91						
						5 30-Min PT Sessions Package	\$95	\$95	\$155						
						10 30-Min PT Sessions Package	\$170	\$170	\$300						
						20 30-Min PT Sessions Package	\$290	\$290	\$580						
						Initial SGT Session Package	\$70/person	\$70/person	\$90/person						
						5 SGT Sessions Package	\$110/person	\$110/person	\$170/person						
						10 SGT Sessions Package	\$225/person	\$225/person	\$355/person						
						20 SGT Sessions Package	\$450/person	\$450/person	\$740/person						
1 min video + one sentence		Academic Year Pass	\$198	\$250	N/A	Fall and Spring	3 Session Individual Starter Package	\$99	\$120	N/A	Yes				Bioelectrical Impedance
		Semester Pass	\$125	\$150	N/A	Fall or Spring	4 Individual PT Sessions	\$120	\$145	N/A	Body Comp	\$15	\$20	N/A	Cardiovascular screening
		Summer Pass	\$99	\$125	N/A	Summer	8 Individual PT Sessions	\$215	\$265	N/A	Body Comp Semester Pass	\$40	\$50	N/A	Strength screening
	Summer Session 1 or 2 Pass	\$50	\$75	N/A	1/2 of Summer	12 Individual PT Sessions	\$290	\$360	N/A	Comprehensive Fitness Assessment	\$30	\$35	N/A	Movement Pattern screening	
	Month Pass	\$50	\$75	N/A	Any	16 Individual PT Sessions	\$350	\$450	N/A	Functional Movement Screening	\$20	\$25	N/A		
						Fall or Spring Semester Pass (Individual)	\$525	\$725	N/A						
						Summer Session 1 or Session 2 Pass (Individual)	\$300	\$375	N/A						
						Summer Session 1 and 2 Pass (Individual)	\$425	\$625	N/A						
						3 Buddy Session Starter Package	\$150/group	\$180/group	N/A						
						4 PT Buddy Sessions	\$180/group	\$220/group	N/A						
						8 PT Buddy Sessions	\$320/group	\$400/group	N/A						
						12 PT Buddy Sessions	\$420/group	\$540/group	N/A						
						16 PT Buddy Sessions	\$480/group	\$640/group	N/A						
						Fall or Spring Semester Pass (Buddy)	\$750/group	\$960/group	N/A						
						Summer Session 1 or Session 2 Pass (Buddy)	\$450/group	\$600/group	N/A						
					Summer Session 1 and 2 Pass (Buddy)	\$600/group	\$825/group	N/A							
2 min video + multiple paragraphs	**Program only included with memberships**					2 60-Min PT Sessions	\$110	\$110	N/A	No					
	TeExercise Pass	\$96	\$22/month	N/A	Fall, Winter, and Spring	5 60-Min PT Sessions	\$225	\$225	N/A						
						10 60-Min PT Sessions	\$420	\$420	N/A						
						20 60-Min PT Sessions	\$760	\$760	N/A						
						2 60-Min Buddy Sessions	\$90/person	\$90/person	N/A						
						5 60-Min Buddy Sessions	\$175/person	\$175/person	N/A						
						10 60-Min Buddy Sessions	\$310/person	\$310/person	N/A						
						20 60-Min Buddy Sessions	\$525/person	\$525/person	N/A						
Entire page description	**Program included with memberships but non-members allowed**					1 60-Min PT Session	\$25	\$35	N/A	Yes				Resting Heart Rate	
	One Class Pass	\$0	\$0	up to \$14.50	any	3 60-Min PT Sessions	\$65	\$90	N/A	Comprehensive Fitness Assessment	\$0	\$0	N/A	Blood Pressure	
	Full Year Membership Costs					6 60-Min PT Sessions	\$125	\$175	N/A	Brief Fitness Assessment	\$0	\$0	N/A	Body Fat Composition	
	Current Student	\$0	N/A	N/A	Full Year	10 60-Min PT Sessions	\$185	\$255	N/A					Weight and Girth Measurements	
	Main Employee	N/A	\$340	N/A	Full Year	1 60-Min Buddy Session	\$40/group	\$60/group	N/A					Cardio testing	
	Spouse of Student or Participating Employee	N/A	\$280	N/A	Full Year	3 60-Min Buddy Sessions	\$105/group	\$155/group	N/A					Strength testing	
	Spouse of Non-Participating Employee	N/A	\$340	N/A	Full Year	6 60-Min Buddy Sessions	\$200/group	\$295/group	N/A					Flexibility testing	
	Dependents	N/A	\$160	N/A	Full Year	10 60-Min Buddy Sessions	\$295/group	\$430/group	N/A						
						3 60-Min PT Sessions	\$90	\$150	N/A	Yes					Physimax Functional Movement Assessment
						5 60-Min PT Sessions	\$140	\$225	N/A	ALL IN Fitness Assessment Package	\$20	\$20	N/A	Handheld BIA Test	
						8 60-Min PT Sessions	\$210	\$340	N/A	ORANGE Fitness Assessment Package	\$15	\$15	N/A	Skin Calipers	
						10 60-Min PT Sessions	\$240	\$410	N/A	PURPLE Fitness Assessment Package	\$10	\$10	N/A	General Body Measurements	
Two paragraphs						12 60-Min PT Sessions	\$265	\$470	N/A					1 Mile Walk/Run Test	
						3 60-Min Buddy Sessions	\$45/person	\$75/person	N/A					12 Minute Walk/Run Test	
						5 60-Min Buddy Sessions	\$70/person	\$112/person	N/A					Queen College Step Test	
						8 60-Min Buddy Sessions	\$105/person	\$170/person	N/A					Sit and Reach	
						10 60-Min Buddy Sessions	\$120/person	\$205/person	N/A					Shoulder Flexibility	
						12 60-Min Buddy Sessions	\$132/person	\$235/person	N/A					Ankle Flexibility	
						3 60-Min Group Sessions	\$15/person	\$20/person	N/A					Pullup Strength Test	
						5 60-Min Group Sessions	\$25/person	\$30/person	N/A					Sit Up Strength Test	
						8 60-Min Group Sessions	\$35/person	\$40/person	N/A					Plank Test	
						10 60-Min Group Sessions	\$45/person	\$50/person	N/A						
						12 60-Min Group Sessions	\$55/person	\$60/person	N/A						