



Personal Training Package - Revved Up Student Program - For Students with Disabilities

Are you a student with a physical disability, intellectual disability or neurodivergence?
Are you wanting to become more active but not sure where to start?

The Revved Up program is now offering personal training packages for students with disabilities. The **\$125 training package** includes:

- A **60-minute intake assessment** performed by a certified personal trainer skilled in exercise prescription for persons with disability
- An **individualized exercise program**
- **Three 45-minute training sessions** with 1:1 trainer support
- Option to continue to train in the Revved Up gym* with purchase of membership (additional cost of membership, \$95 for twice weekly sessions for the term) *if spots available
- Option to have your final training session at the Athletics and Rec Centre if you plan to continue to train there with your student membership



Eligibility:

- Must be a student with a physical disability, intellectual disability or neurodivergence (eg. Autism, ADHD)
- The disability must be chronic in nature ie. mobility impairment due to a chronic condition, chronic pain or chronic fatigue and not an acute injury ie. recent sports injury, recent concussion

Revved Up is located in the School of Kinesiology and Health Studies on the 5th floor. Reach out to revvedup@queensu.ca or call 613-533-6000 ext. 79283 for more information on registration.