SESSIONS & FEES

All sessions are 60 minutes

PRIVATE SESSIONS

1 Training Session $70
Consultation with goal-setting, exercise program prescription, assistance in beginning the program.

3 Training Sessions $195
One training session (service as described above) plus two additional training sessions to practice and review the training program.

5 Training Sessions $300
One training session (service as described above) plus four additional training sessions.

10 Training Sessions $550
One training session (service as described above) plus nine additional training sessions.

PARTNER SESSIONS

3 Session Partner Training $165*
One training session (service as described above) plus two training appointments for two or three people together.

5 Session Partner Training $250*
One training session (service as described above) plus four training appointments for two or three people together.

10 Session Partner Training $400*
One training session (service as described above) plus nine training appointments for two or three people together.

*Per Person

PERSONAL TRAINING

Personal fitness training is one-on-one or small group fitness instruction that incorporates the client’s health history, fitness goals and current lifestyle into a comprehensive exercise program designed to meet the client’s specific needs. A nationally certified personal trainer will introduce, demonstrate, and supervise proper technique on a variety of exercises. The personal trainer will also help to motivate the client to achieve fitness goals.

*All services require completion of a fitness assessment.

SERVICES & FEES

Fitness Assessment $30
Includes evaluation of body composition, body fat percentage, muscular strength, muscular endurance, cardiovascular capability, and flexibility (45 minutes).

Fitness Assessment & Re-Assessment $50
Fitness Assessment (service as described above) plus a re-assessment at an agreed upon time to evaluate the effects of a program (usually six to eight weeks later).

Dietician Service TBD
Includes group nutrition education workshops to support modified diets due to food intolerances and overall wellness.

CONTACT US

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http://athletics.uchicago.edu/
ANTIONE JACKSON
Antione Jackson received his bachelor’s degree in Exercise Science from Southern Illinois University Carbondale. As a personal trainer since 2005, Antione’s passion and commitment to improving the health and well-being of others makes him a valuable trainer. Antione approaches his work with a high level of initiative, reliability, empathy, and professionalism. Therefore, no matter what the client’s goals/fitness level, he has the ability to get results.

SHANELLE E. TAYLOR
Fitness Coordinator, BFA, FAFS, CPT, NS
As a former classically trained Ballet Dancer, Shanelle has had the pleasure of touring and studying with various professional companies including Joffrey Academy of Dance and Alvin Ailey American Dance Theater. Shanelle holds a number of degrees and certifications including a Bachelor of Fine Arts and Education Degree from Columbia College. Certified Personal Trainer, Corrective Rehab Specialist, Nutrition Specialist, and Fellow of Applied Functional Science in Biomechanics with the Gray Institute since 2003. Shanelle’s professional career includes working with the Mayor Daley Fitness Council with the Chicago Park District for seven years where she worked to implement various initiatives throughout the Chicagoland area “to promote, encourage and motivate the development of a physically active and healthy lifestyle for Chicagoans.” Her career advanced as the Director of Fitness/Health and Wellness with the Metropolitan Chicago YMCA where she continued to promote the importance of health through various collaborations including working with Presence Health Integrative Medicine to develop a prescription referral program, allowing patrons to engage in exercise and nutrition education as a form of preventative medicine for diabetes. Shanelle’s objective is to bring a global and holistic approach to aid others in their quest to achieve an optimal lifestyle.

MEET OUR TEAM

CAROL YOUNG-WALKER
Carol Young-Walker is a Certified Personal Trainer who uses many training methodologies to achieve sustainable results. Carol currently serves on several executive boards, and worked in healthcare and non-profit leadership as a Hospital Administrator, Operation Manager, and Executive Director for several years. As a Life Coach and Motivational Speaker, she speaks weekly on various radio stations across the nation. As a catalyst for change, Carol has achieved phenomenal transformation in health and fitness, and her goal is to reach back and help others.

KIJUAN WARD
Kijuan Ward has over 10 years of experience within the health and wellness industry, beginning his career in 2007 as a Certified Personal Trainer and General Manager with L.A. Fitness in Atlanta Georgia. With a degree in Kinesiology from UIC and Certified Physical Therapy Aid, Kijuan specializes in various training styles including sports performance, conditioning, and special populations. Kijuan’s highly motivated and driven personality challenges him to continue to be the best trainer/coach that he can be while encouraging and assisting others to successfully achieve their health goals.

MELISSA MCCARRON
Melissa is a Hyde Park-based Certified Personal Trainer, Yoga, Group and Senior Fitness Specialist. Melissa takes an integrative approach to fitness, which is reflected in her creative workouts and innovative program design. Blending appropriately challenging physical conditioning with restorative practices. Melissa’s approach is centered upon cultivating accessible, inclusive, and affirming spaces in which clients of all abilities can explore moving mindfully as they work toward their fitness and wellness goals. When she’s not training, Melissa can be found cycling along the lakefront, teaching Spanish and ESL, and learning about biomechanics and exercise science.

CLARE BARRY
Previously, Clare worked at the Cleveland Clinic in Cleveland, Ohio as a Fitness Specialist. She also served as a Personal Trainer for Cleveland State University and previously interned at Cleveland State as Wellness Coordinator. Clare is certified by the American College of Sports Medicine as a Personal Trainer specialized in Exercise as Medicine as well as a Clinical Exercise Physiologist. She holds a bachelor’s degree in exercise science from Cleveland State and completed her master’s degree in clinical exercise physiology from Benedictine University.

CHRISTINE M. CLIFF
MPH, RDN, LDN, CLT
Christine M. Cliff has been a registered and licensed dietitian nutritionist (RDN) for 15 years. Christine received her bachelor’s degree from Northern Illinois University and a Masters of Public Health from Benedictine University. She recently joined Bon Appetit at The University of Chicago as its Campus/Resident Dietitian and Senior Wellness Program Coordinator. Ms. Cliff will collaborate with Bon Appetit’s chefs and UC Dining to support students with special diet needs, assess diet and health-related lifestyles of UC students who have requested special diets and offer nutrition guidance as appropriate. In addition, she will regularly engage with UC students on nutrition and wellness topics through such programs as Food for Your Well-Being and Meet the RDN held monthly in each dining commons. Christine is passionate about living a healthy, active lifestyle where she enjoys yoga, core/strength training and long walks. In the kitchen, she loves the challenge of creating tasty and more healthful versions of favorite recipes.

MEET OUR TEAM

PAUL GEVEROLA
Paul Geverola is a happily married and proud father of two adorable children. With his fair share of sports related injuries, degenerative disc disease, and diagnoses of type 2 diabetes; Paul’s determination to free himself from bondage of a “broken body” is what motivated him to the field of health and wellness. As a Certified Personal Trainer with a degree in Kinesiology, Paul’s message is simple, “I want to help people see that fitness is not a mountain to climb, but a journey to be enjoyed.” Being able to spread this message to as many people as he possibly can has become Paul’s life’s purpose.

RENA Johnson
Renard Johnson is a Chicago native who has always had a love for sports and fitness. As a child Renard played baseball, football, and ran track. In high school Renard’s athletic career came to a halt when challenged to overcome serious injuries to his right leg as a result of being hit by a car. This tragic story turns into Renard’s triumph, as it was during this time that Renard found his passion for rehabilitation. As a Certified Personal Trainer, Myoskeletal Therapist, Corrective Exercise Melissaolist, and Pilates instructor, Renard has realized the key to helping someone get healthy is to first rehabilitate past injuries and prevent new ones.

SELAH LEE
Selah Lee is a former Division 1 collegiate athlete. She competed in Track and Field before graduating with her B.S. degree in Pre-Physical Therapy. Selah stepped into the fitness world as a Water Safety Instructor, then Certified Personal Trainer. Over the years, Selah has trained using various modalities, including sport specific training, aquatics, circuit/functions training, body building, and much more. Selah is very excited to be a member of the FITCHICAGO team and looks forward to assisting you in achieving your fitness goals!