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

athletics.uchicago.edu
SHANELLE TAYLOR, FITNESS COORDINATOR
shanelle@uchicago.edu - 773-702-3848

Follow us! @Fit_UChicago

http://athletics.uchicago.edu/
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2005, Antione's passion and commitment to improving the health and wellness of others is the key to helping someone get healthy is the first rehabilitate past injuries and prevent new ones.

MEET OUR TEAM

ANTIONE JACKSON
Antione Jackson received his bachelor’s degree in Exercise Science from Southern Illinois University Carbondale. As a personal trainer since 2003, 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, determination and enthusiasm. Therefore, no matter what the client’s goals/fitness level, he has the ability to get results.

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 moti-

RAGUDDO MARTINEZ
Raymundo Martinez began his journey in fitness at the tender age of 15 when he decided to study martial arts. As a first- and second-
degree black belt in Tae Kwon Do, Raymundo understands the importance of general health and wellness. He studied health science at Robert Morris University and is a Certified Personal Trainer, Sports Nutrition Specialist, and Strength and Conditioning Coach. “Fitness is a lifestyle, and something I have always been very passionate about. The most rewarding experience is seeing my clients develop into the person they want to become, it is the best feeling.”

PATRICIA CHAIDEZ
Patricia Chaidez is a Certified Personal Trainer who has a “passion for life & lifting heavy.” Patricia fell in love with fitness as a teenager, and knew very early that her life would revolve around it. Patricia is an accomplished runner, and bodybuilder. Completing her first Bodybuilding competition in 2013, just seven and a half months after giving birth to her only child. Patricia began powerlifting in 2015 and absolutely fell in love with the sport. She loves to help her clients transform their bodies and become stronger and she knows that the best way to help others achieve their physical goals is to first assist with obtaining the proper mindset. As a Mindset Coach since 2009, Patricia has helped her clients view life from various perspectives, one that helps them lead a truly fulfilling and balanced life.

RENAUD JOHNSON
Renaud 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 Renaud’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 Renaud’s triumph, as it was during this time that Renaud found his passion for rehabilitation. As a Certified Personal Trainer, Myoskeletal Therapist, Corrective Exercise Specialist, and Pilates Instructor, Renaud understands that key to helping someone get healthy is to first rehabilitate past injuries and prevent new ones.

CHRISTINE M. CLIFF
MPH, RDN, LDN, CLT
Christine M. Cliff has been a registered and licensed dietitian nutritionist (RDN) for 15 years. Christine received a Bachelor of Science of Nutrition and Dietetics from Northern Illinois University and a Masters of Public Health form 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.

CAROL YOUNG-WALKER
Carol Young-Walker is a Certified Personal Trainer who uses many training method-

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