

# Personal Training at CCS

For the purposes of these guidelines, personal training refers to fitness instruction provided in exchange for payment or other compensation.

## **Approval Required:**

- ALL personal training conducted in the gym and/or cardio room must be approved in advance by CCS Club management.
- Personal training without prior approval is not permitted.

## **Billing**

Because personal training is a commercial activity and involves regular use of Club facilities and equipment:

- All personal training sessions must be billed exclusively through College Club.
- The established rate must be consistent with current CCS personal training and private rowing lessons.

This structure helps support facility maintenance and equipment replacement.

Failure to comply with these guidelines may result in loss of approval to train at CCS.