



Robert Morris University
ISLAND SPORTS CENTER

Athletic Performance



Trainer: Scott Umberger
E-mail: scottumber@gmail.com

Robert Morris Island Sport Center is pleased to offer athletic performance and personal training services to assist our patrons in reaching athletic performance and their fitness goals. Personal training is a private or group, one-on-one hour or half-hour session with Scott Umberger, Head of Athletic Performance trainer. A personal trainer will design and implement a customized exercise program based on your , personal fitness goals and specific needs. **All sessions will be held with Scott.** You will not be given a workout to complete on you own like local facilities.



You are paying for the experience and motivation Scott is providing to you and/or your child. All prices include a gym membership and a money back guarantee. Scott will guarantee your results if the client works out three times per week and is following the nutrition plan.

Athletic Performance Group Rates

Type	First Month New Client Special	Second Month w/ package	Second Month w/ o Package
Group-13 years and younger	\$150	\$300	\$350
Group-14 years and older	\$300	\$400	\$450

Athletic Performance 1-1 Rates

# of Sessions	1	3	8	16	24
Client Rates	\$75	N/A	\$480	\$912	\$1300
New Client Special		\$75*			

* Available first time clients only
A 10% discount is included on 24+ sessions
25% off discount for 2nd sibling. 30% of for 3 or more
Training will be available 6 Days a Week.

Personal Training

Personal Training Rates

# of Sessions	1	3	8	16	24
1 on 1 Hour	\$75	\$105*	\$400	\$800	\$1080
1 on 1 - 1/2 Hour	\$30	N/A	\$240	\$480	\$648
Group Hour 2-6 participants	\$30	N/A	\$240	\$480	\$648
Group 1/2 Hour 2-6 participants	\$20	N/A			

** Hour sessions cannot be split into 1/2 hour sessions

Umberger Performance Systems

Cell: 614-565-6568

Web: www.scottumberger.com

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