Personal Training or Private Yoga services are offered for the campus community at Carnegie Mellon University.

All of our trainers are nationally certified.

You can purchase FitBucks for your personal training package at the Cohon Center Equipment Desk or Fitness Desk. Credit cards only

<table>
<thead>
<tr>
<th>FitBucks</th>
<th>Session Price</th>
<th>FitBucks</th>
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<tbody>
<tr>
<td>35</td>
<td>$50</td>
<td>1 session</td>
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<tr>
<td></td>
<td>Get 55 FitBucks</td>
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<tr>
<td>100</td>
<td>$100</td>
<td>1 session</td>
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<tr>
<td></td>
<td>Get 115 FitBucks</td>
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</tr>
<tr>
<td>200</td>
<td>$200</td>
<td>1 session</td>
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<tr>
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<td>Get 245 FitBucks</td>
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Fill out
- Personal Training Inquiry Form
- Personal Training PAR-Q form

Submit to the Cohon Center Fitness or Equipment Desk

Schedule an appointment online at http://cmufitness.appointy.com/ or contact Pattye Stragar pls@andrew.cmu.edu

(412) 268-1235

Personal Training or Private Yoga instruction offers Carnegie Mellon students, faculty and staff a convenient and affordable way to achieve their fitness goals. Your individual private session is 30 minutes. These exercise prescriptions are tailored by your trainer or instructor to meet your unique fitness goals.

Get more information on the Web:
- Athletics
- Recreational Programs
- Fitness
- Personal Training
http://athletics.cmu.edu/fitness/personaltraining
Molly Goldcamp

I am currently a certified personal trainer through the ACSM, group exercise certification and total body conditioning through NETA. I am also certified through Beachbody in TurboKickboxing. I earned my B. S. degree from Pennsylvania State University and my M. S. degree in Sports Management from California University of Pennsylvania. My strongest passion has always been health and wellness. I am a coach to student-athletes and encourage all people to incorporate movement and activity into their daily lives. My enthusiasm for activity and physical fitness gave me the willingness and desire to learn all there is about exercise, which spills into my motivation to push the participants to their limits—while still having fun!

Robby Beardsley

I am an undergraduate student studying Information Systems and have a particular interest in finance and consulting. I have had a passion for health and fitness since the age of ten. While growing up, I played many sports such as basketball, football, rugby, and golf. My athletic highlight was winning the San Diego championship with my high school football team. At CMU, I enjoy lifting weights as well as taking yoga classes to stay fit.

Nate Frezzell

Personal trainer and health coach with a certification through the National Academy of Sports Medicine (NASM). In addition, Nate has an Advanced Exercise Nutrition Certification from Human Kinetics and a certification from the National Association of Speed and Explosion (NASE). Nate specializes in small group and individual fitness. He has coached and trained athletes and other individuals of all age groups since 2003. When working with individuals and groups, Nate’s program includes an intense warm-up followed by core, balance and resistance exercises. He believes that becoming a healthy person starts with setting attainable goals and following a plan.

Kristy Beswick

Kristy has been teaching group fitness and indoor cycling as well as personal training since 2010. Kristy has a B.S. and M.S. in Exercise Physiology from Slippery Rock University and the University of Pittsburgh, respectively. Since 2014 she has also been health coaching truck and bus drivers for a company called Rolling Strong. Helping others achieve their health and fitness goals has been the most rewarding way that she has used her knowledge and skills. She believes that keeping the mind and body fit and healthy will lead to self fulfillment and happiness. One of her strengths as a fitness instructor is that she can keep a session light and fun while also kicking your butt and making you sweat. After all, STRONG is the new SEXY! She is thrilled to be working at CMU as a fitness instructor and personal trainer.

Randy George

Randy is a personal trainer certified through the National Personal Training Institute. He received his Master's degree in exercise science from the California University of Pennsylvania and is a Performance Enhancement Specialist from NASM. He is also certified from the National Association of Speed and Explosion as a certified speed specialist. He has trained many clients of all ages in many different areas such as weight loss, strength training, and endurance training.

Chelsea Cavlovic

I am a National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Women’s Fitness Specialist and an American Council on Exercise (ACE) Certified Group Fitness Instructor. I also have education in Agility and Mind training, High Intensity Interval Training and Nutrient Timing. I have worked with a wide variety of populations with many different goals including weight loss, strength and conditioning, endurance training and injury prevention. I love working with people to help them establish and meet their goals. I believe the best workout program is one that you enjoy doing. We will work hard and we will have fun doing it!

Molly Goldcamp