

HEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

YMCA Personal Training: Fit for you

You broke the mold. Shouldn't your workout program do the same? Get the personal attention, motivation and expertise you need to achieve your health and fitness goals with YMCA Personal Training.

All YMCA personal trainers are nationally certified to ensure they have the knowledge and expertise to develop a wellness program to best address your specific needs and interests. YMCA trainers are also hired for their passion and commitment to upholding the Y's mission to help you reach your fullest potential.

Sign up for Personal Training at the YMCA and let one of our trainers;

- Revise your program
- Take your fitness program to the next level
- Motivate you
- Continue a rehabilitation program
- Develop a sports specific routine and enhance your sports conditioning.

FEES

Level 1: \$40/hour or \$350 for 10 hours

Level 2: \$60/hour or \$550 for 10 hours

TRAINERS

Trainers vary by location. Call your location to find out who is available. All YMCA trainers are nationally certified.

PROCEDURES

If this is your first session of personal training fill out the registration form and pay your fees at the front desk. Indicate which trainer you have chosen on the registration form. Then the Personal Trainer you have chosen will call you to set up your first appointment. Your sessions will be scheduled when it is convenient for you. If you do not know who to select for a trainer one will be assigned to you by our Fitness Director. Personal Training is for members only.

For more information call:

Baranco Clark 344-6775
Charles W. Lamar 612-9622
C.B. Pennington Jr. 272-9622
Dow Westside 687-1123

Paula G. Manship 767-9622
Southside 766-2991
A. C. Lewis 924-3606

Y HEALTH & WELL-BEING™

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Personal Trainer Registration Form

(First time participants only)

NAME _____ AGE _____

ADDRESS _____ ZIP _____

HOME PHONE _____

WORK PHONE _____

CELL PHONE _____

E-MAIL ADDRESS _____

What type of sessions are you interested in?

One-on-one:

Level 1: _____ 1 hour -- \$40 _____ 10 hours -- \$350

Level 2: _____ 1 hour -- \$60 _____ 10 hours -- \$550

Groups: (2-4 members; must be paid all at once)

Level 1: _____ 1 hour -- \$50 _____ 10 hours -- \$450

Level 2: _____ 1 hour -- \$75 _____ 10 hours -- \$700

Trainer you have chosen. _____

Check here if you would like our Fitness Director to assign a trainer for you. _____

Preference: Male Female

Days/wk you want to train _____ Time of day desired _____

Do you have any specific goals or needs that need to be addressed? _____

The minimum session length is one hour. A 24-hour notice is required for cancellation of all sessions. You will be charged for the scheduled session if you miss or fail to give the YMCA or your trainer a 24-hour notice. You will have a maximum of 6 months within the date of registration to complete all sessions.

Signature of Participant

Date