

# NON-MEMBER PROGRAM OPTIONS

## Non-package options:

1-hour session	\$55
45-minute session	\$45
30-minute session	\$35

## Buddy up for Fitness Package

**\$40 per person (1-hour session)**  
**(2 non-members, 1 trainer)**

## Package options:

### 1-hour sessions

4 sessions	\$212 (save \$8)
8 sessions	\$416 (save \$24)
12 sessions	\$612 (save \$48)

### 45-minute sessions

4 sessions	\$172 (save \$8)
8 sessions	\$336 (save \$24)
12 sessions	\$492 (save \$48)

### 30-minute sessions

4 sessions	\$132 (save \$8)
8 sessions	\$256 (save \$24)
12 sessions	\$372 (save \$48)

One free comprehensive fitness assessment is included with the purchase of an (8) session Personal Training package or more.

Otherwise, Fitness Assessment will cost \$25.00.

Payment is made at the Welcome Desk and can be made by check, cash or credit card.

# YMCA MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

## Member Testimonial

"I have been working with Julie since May and in just that short amount of time the mental and physical changes a personal trainer has brought to my life are amazing. One of my top goals is to run a 5k. Hiring a personal trainer has made the "how to train" dilemma so much easier. Now I am not only pushing myself through tough workouts with a trainer, but also following prescribed workouts all by myself! Having a personal trainer who is there for you any time you need encouragement, have questions or need support is an amazing feeling. I look at pictures of where I used to be and I don't even recognize that person. I have learned how to live a more active and balanced lifestyle and I couldn't be happier.



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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PERSONAL TRAINING



# MOTIVATE EMPOWER SUCCEED

For questions, please contact:

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Healthy Living Director

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# HEALTHY LIVING

Improving the nation's health and well-being

## YMCA Personal Training

Our YMCA personal trainers help you define individual fitness goals and create a roadmap to get there, taking into account your current fitness level.

A certified trainer will help you focus on smaller goals that are specific and realistic; making the long term goal more attainable, setting you up for success. Our trainers assess your progress along the way, holding you accountable for every step of the journey.

### Who is Personal Training for? Everyone!!

Specific needs and goals vary person to person. Our personal trainers can work with anyone, whether you are new to exercise, athlete, older adult, youth/teen, post-rehab individual, or pre/post natal mother.

### Benefits of Personal Training

- Individualized exercise program
- Exercise safely and efficiently
- Improve self-confidence and mood
- Decrease depression and stress
- Stronger and healthier lungs, heart, bones, joints, and muscles
- Improved blood pressure, cholesterol, and blood sugar
- Weight control & decreased fat mass
- Increase fitness abilities and sport performance
- Improve coordination, balance, strength, endurance, agility, and flexibility

## FIRST STEPS

1. Stop by the Wellness Center for a New Client Personal Training Packet. This packet contains questions regarding your health history, current habits, goals, time availability, etc.
2. Browse the Personal Trainer section on the Wellness Center bulletin board. Request a trainer or we will match you with one based on your goals and availability.
3. Submit completed Personal Trainer packet to the Welcome Desk.
4. A personal trainer will contact you within 2-3 days to set up your consultation/fitness assessment.
5. Fitness assessment is specific to individual and may include: resting blood pressure, resting heart rate, body composition, muscular strength, muscular endurance, cardiovascular endurance, and flexibility.

## MEMBER PROGRAM OPTIONS

### Non-package options:

<b>1-hour session</b>	<b>\$45</b>
<b>45-minute session</b>	<b>\$35</b>
<b>30-minute session</b>	<b>\$25</b>

**Buddy up for Fitness Package**  
**\$30 per person (1-hour session)**  
**(2 members, 1 trainer)**

### Package options:

#### **1-hour sessions**

<b>4 sessions</b>	<b>\$172 (save \$8)</b>
<b>8 sessions</b>	<b>\$336 (save \$24)</b>
<b>12 sessions</b>	<b>\$492 (save \$48)</b>

#### **45-minute sessions**

<b>4 sessions</b>	<b>\$132 (save \$8)</b>
<b>8 sessions</b>	<b>\$256 (save \$24)</b>
<b>12 sessions</b>	<b>\$372 (save \$48)</b>

#### **30-minute sessions**

<b>4 sessions</b>	<b>\$92 (save \$8)</b>
<b>8 sessions</b>	<b>\$176 (save \$24)</b>
<b>12 sessions</b>	<b>\$252 (save \$48)</b>

**One free comprehensive fitness assessment is included with the purchase of an (8) session Personal Training package or more. Otherwise, Fitness Assessment will cost \$25.00.**

**Payment is made at the Welcome Desk and can be made by check, cash, credit card or by charging your YMCA Membership account.**