



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOTIVATE EMPOWER SUCCEED

YMCA PERSONAL TRAINING

Helping you live healthier while reaching your goals.

Our nationally-certified Personal Trainers are available to help you achieve your wellness goals through one-on-one training and motivation.

Whether you need help getting started, losing weight, improving your strength and flexibility or just want to spice up your current workouts, our knowledgeable trainers will design a program specifically for your goals and support you every step of the way!

INDIVIDUAL TRAINING RATES		
	60 minute	30 minute
1 Session	\$40	\$30
5 sessions	\$190	\$140
10 sessions	\$350	\$250

PARTNER TRAINING RATES	
	60 minute
1 Session	\$60 (\$30/person)

GROUP TRAINING RATES	
	60 minute
1 Session	\$25/person (for groups of 3-5 people)



The Y. So Much More™

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YMCA PERSONAL TRAINING

We build healthy spirit, mind and body for all!

All personal training sessions expire within 1 year from date of purchase.

All personal training sessions are non-refundable and non-transferable.

To get started, fill out this form and turn it into the front desk.

NAME: _____ DATE: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

AGE: _____ GENDER: Male Female

TYPE OF PERSONAL TRAINING: Individual Partner Group

LENGTH OF SESSION: 60 minute 30 minute

CURRENT ACTIVITY: _____

WHAT ARE YOUR GOALS: _____

DO YOU HAVE ANY MEDICAL CONDITIONS WE SHOULD KNOW ABOUT:

HOW MANY TIMES A WEEK ARE YOU HOPING TO MEET WITH A PERSONAL TRAINER: _____

IS THERE ANY OTHER INFORMATION YOU WOULD LIKE IS TO KNOW:

CONTACT: Jacque Perez, Wellness Director
jperez@nwsymca.org or 402-404-8439

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