



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUR JOURNEY STARTS HERE

## Personal Training and Wellness Coaching NORM WAITT SR. YMCA

We build healthy spirit, mind and body for all and are here to support you on your journey towards your wellness goals.

### PERSONAL TRAINING

#### 1 Hour

- \$35 (1-9 sessions)
- \$29 (10+ sessions)

#### 30 Minute

- \$20 (1-9 sessions)
- \$15 (10+ sessions)

#### 2 Person (1 Hour)

- \$60 (1-9 sessions)
- \$50 (10+ sessions)

### ADVANCED PERSONAL TRAINING

If you have a specialized wellness goal or health condition, try our advanced personal training. We will give you individualized and specific programming to meet your targeted needs.

#### 1 Hour

- \$50 per session

### WELLNESS COACHING

Making changes to live a healthy lifestyle can be challenging. At the Y, your successes are important to us. Let our experts help you rise above the barriers to good health and thrive by making lasting changes in mindset and behavior. Wellness coaches are expert facilitators of behavior change that generates sustainable healthy lifestyles.

Coaching sessions are offered in a one-time starter package that includes a one hour initial session and 3 thirty minute follow-up sessions. Additional thirty minute sessions are also available.

#### Starter Package

- \$155 (one-time starter package includes initial 1 hour session and 3 thirty minute sessions)
- \$30 for each additional 30 minute session

- ▶ All personal training and wellness coaching sessions expire within 1 year from date of purchase. They are non-refundable and non-transferable.
- ▶ To get started, fill out the personal training or wellness coaching interest form and turn it in to the front desk.

**MOTIVATE. EMPOWER. SUCCEED.**



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# Personal Training & Wellness Coaching Interest Form

Please provide as much information as possible to allow for the most suitable match possible between member(s) and personal trainer/wellness coach. The information provided will be kept confidential between you and your personal trainer/wellness coach.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: Male Female

Personal Training          2 Person PT                          Advanced PT                          Wellness Coaching

Do you currently exercise? Yes No          Have you ever participated in Wellness Coaching? Yes No

If yes, how long have you been doing it, and what does your exercise regime consist of?

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If no, have you ever had exercise experience, when?

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What are your wellness goals?

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ADVANCED PT: What is your specialized goal or health condition? \_\_\_\_\_

Do you have any medical conditions including, but not limited to, high blood pressure, orthopedic injuries, surgery (last 3 months), heart conditions, cancer survivor, other relevant medical conditions:

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How many times each week are you hoping to meet with your personal trainer? (Wellness coaching meets once per week)

1      2      3      Unsure at this time

What time of day are you hoping to meet with your personal trainer/wellness coach?

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Preferred Gender of personal trainer/wellness coach:

Male      Female      No Preference

Is there any other information you would like us to know at this time?

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Thank you for filling out this form. The Personal Training Coordinator will be in touch with you to match you up with the appropriate personal trainer and schedule your free 30 minute Pre-PT consult.