



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOTIVATING YOU TO YOUR PERSONAL BEST

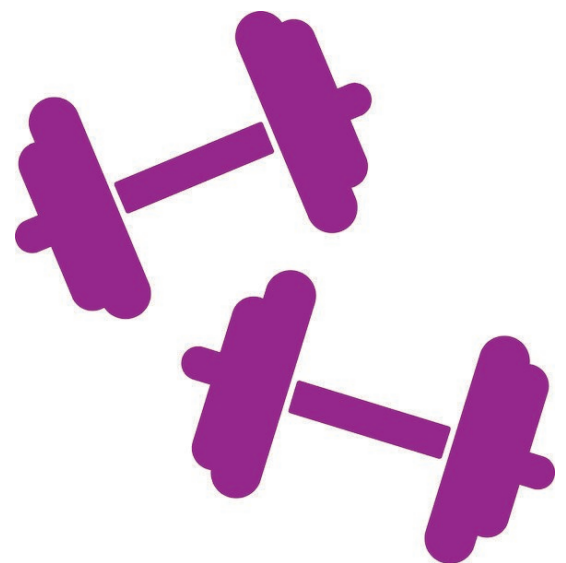
Personal Training 2019 WEIGHT ROOM/VARIOUS LOCATIONS IN THE Y

A personal trainer is a great way to start a fitness program for youth, adults, or seniors. Motivation and accountability are at the core of personal training. Certified trainers will design a plan to help you achieve maximum results and will stand beside you along the way, encouraging you and helping you stay on track.

- Ages 12 and older
- Appointments are scheduled at your convenience and the availability of a trainer.
- Group Sessions available

ADDITIONAL INFORMATION ON THE BACK

CONTACT: TAMARA CASEY
Membership & Wellness Director
336.395.9622 ext. 227
tcasey@acymca.org





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PERSONAL TRAINING INTEREST FORM

Our Wellness Director will contact you to discuss your training interest and how we can best serve your needs.

Name: _____ Date: _____

Address: _____

Telephone: _____ Email: _____

Goals:

Time of days and time you are looking to work out with a trainer: (check all that apply)

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
_____	_____	_____	_____	_____	_____	_____
(6am-10am)_____		(10am-3pm)_____		(3pm-8pm)_____		

Session Rates:	Member	Participant
1 Session	\$45.00	\$50.00
4 Sessions	\$160.00	\$180.00
8 Sessions	\$280.00	\$320.00
12 Sessions	\$400.00	\$460.00

Group Sessions:

2-4 Adults \$160 each (8 Sessions)

Thank you for considering a YMCA Personal Trainer.

For the convenience of the client and the trainer the following cancellation policy is enforced: Appointments are only scheduled after payment has been received at the front desk. A receipt is given to the client and to the Wellness Director, who will the assign a Trainer. In the event that the client cannot make the scheduled appointment, the Trainer must be notified by phone within 24 hours. If notice is not received the client will be charged in full for the missed session.