

# PERSONAL TRAINING

At the Y, our Personal Trainers focus on healthy living to help our members find balance in life. You are not alone in your search for a dynamic life – YMCA trainers will pave your way to success.

Personal Training is so much more than you might think...

- Are you new to exercise?
- Are you coming back after a knee replacement?
- Are you training for a triathlon?
- Are you looking to get back to your original size after pregnancy?
- Are you a parent looking to give your young athlete an advantage on the team?
- Are you the parent of a child who needs some healthy, fun movement?
- Are you finally ready to lose that excess weight once and for all?
- Or do you just need someone to hold you accountable?

Our certified specialists will help you.

Our direct, fun, and educational approach will put you on track to achieving realistic goals, figuring out what works best for you, and adhering to a regular exercise routine.

You deserve the best, so all of our personal trainers hold national personal training certifications.

## PERSONAL TRAINING OPTIONS

### Personal Training - Individual

Your personal trainer will design and implement a program customized to your unique physical condition, goals and preferences. You can choose between 60 minute or 30 minute sessions with your trainer.

### Personal Training - Group

Gather a friend or two and work as a team under the guidance of a professional. Your group can choose between 60 minute or 30 minute sessions with your trainer. Fee is PER PERSON.

### Passport Program

This year-round special is designed to help you stay on track and save money at the same time. For a minimum of three months, four 30 minute sessions per month are drafted through your account. You get the consistency of regular training without the hassles of tracking payments.

### Personalized Exercise Plan

Do you prefer to exercise on your own but need an expertly-designed plan so

you don't waste your time? Meet with a trainer twice; at your first meeting you will discuss your goals and preferences, and at your second meeting the trainer will teach you the six week plan written exclusively for you.

### HELPFUL INFORMATION:

- Personal Training packages expire 3 months after purchase date and are not transferable.

- Credits or refunds are given only with a physician's note documenting inability to exercise.
- Personal Training is a benefit exclusively reserved for our full-facility members.

Ask at your branch about the many affordable packages available to you.

