

YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

YMCA Personal Training

Take your workouts to the next level and receive personalized training with a YMCA Personal Trainer. Services provided by a YMCA Personal Trainer include, but are not limited to:

- Designing an easy-to-follow program for participants
- Specialized strength training programs
- Motivating experienced exercisers to overcome fitness plateaus
- Aiding in weight loss/weight management programs
- Personalized one-on-one training sessions
- Sport-specific training programs
- Assisting participants in setting attainable exercise goals
- Developing healthier and more active habits that work around the participant's schedule
- Easing fears and anxieties to help those new to exercise more confident and independent

<u>Package</u>	<u>Individual*</u>	<u>Expiration</u>	
1 session	\$45	1 month	
3 sessions	\$120	3 months	Rates Effective
5 sessions	\$200	3 months	January 1, 2010
10 sessions	\$360	6 months	
15 sessions	\$480	6 months	
25 sessions	\$800	9 months	

*Group sessions are available for 2 or 3 members. Contact Health & Wellness Director for details.

Sessions are one hour in length and available at all Lincoln YMCA branches.

Medical History Screenings and Fitness Evaluations are included in each package at no charge. Gift certificates are available. Please see our program brochure for refund policy. To register for sessions fill out the reverse side of this form and return to the Service Center Desk with payment.

For more information contact Karla at 434-9238 or khudson@ymcalincoln.org

The Lincoln YMCA has my permission to use videos or photographs
of me or my family members for promotional materials.

Find out more about the YMCA & track your workouts at: www.ymcalincoln.org

* HONESTY * CARING * RESPECT * RESPONSIBILITY *



YMCA Personal Training



Personal Trainer Requested _____ Date _____

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Other Phone _____ Birthdate _____

E-Mail _____ Gender _____

What are your goals for Personal Training? _____

Occupation & job duties _____

Best Appointment Days & Times _____

Contact in case of emergency _____ Phone _____

I (YMCA Member) _____ agree to pay in advance for all YMCA Personal Training sessions. I will be in attendance of all scheduled sessions and will give twenty-four hours notice to my trainer if I will be unable to attend a session. If I fail to provide appropriate notice I understand I forfeit the fee I paid for that session. I understand the YMCA refund policy for all programs and classes.

Date _____ Signature _____

Training Rates: *Individual

- 1 session = \$45 Must be used within 1 month
- 3 sessions = \$120 Must be used within 3 months
- 5 sessions = \$200 Must be used within 3 months
- 10 sessions = \$360 Must be used within 6 months
- 15 sessions = \$480 Must be used within 6 months
- 25 sessions = \$800 Must be used within 9 months

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Number of sessions purchased _____ Total paid \$ _____