



We build strong kids, strong families, strong communities.

## **FITNESS ORIENTATION**

A Fitness Orientation is offered to all YMCA members to show you how to properly use both the cardiovascular and weight training equipment. You must schedule an appointment. The orientation takes approximately 30 minutes. Please see the Fitness Staff to schedule your appointment.

## **PERSONAL TRAINING**

Personal Training is available to members of all ages. This gives you an opportunity to work with a certified trainer one on one to help you reach your training goals. The hourly rate is \$35.00. You may purchase an hour at a time, or as many as you wish. Also we have the following packages available:

- I. Jump Start – Three sessions at a cost of \$85.00.
- II. Six sessions at a cost of \$190.00. Your savings is \$20.00.
- III. Eight sessions at a cost of \$250.00. Your savings is \$30.00.
- IV. Ten sessions at a cost of \$310.00. Your savings is \$40.00.
- V. Twelve sessions at a cost of \$370.00. Your savings is \$50.00.

## **FITNESS EVALUATION**

If you wish to determine your current level of fitness to help you set your fitness goals, this test is for you. A certified trainer will run you through a series of tests and then sit with you to discuss your goals and give you some training recommendations. The entire test & meeting with our trainer will take you approximately 1 hour. The cost to members is \$20.00 and \$35.00 for nonmembers.

## **BODY FAT EVALUATION**

If you wish to know what your body fat percentage is in comparison to your total body weight, this is what you want to do. We use the skin-fold calipers to determine your body fat percentage. The cost to members is \$5.00 and \$10.00 for nonmembers.

## **NUTRITIONAL COUNSELING**

Your initial session will begin with an in-depth, interactive assessment of your current medical status, lifestyle behaviors and goals. This session is necessary to create an individualized eating plan that will be developed by a registered dietician to satisfy your needs and guide you to optimal health. Your initial one- hour session is \$40.00 for members and \$60.00 for nonmembers. Thirty minute Maintenance sessions are available as well. They cost \$30.00 for members and \$50.00 for nonmembers.

# **YPERSONAL FITNESS™**

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**MEMBER NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CONTACT NUMBERS: HOME** \_\_\_\_\_  
**WORK** \_\_\_\_\_  
**CELL** \_\_\_\_\_

**REQUESTED PROGRAM OR TEST:**

\_\_\_\_ **FITNESS EVALUATION**      \_\_\_\_ **PERSONAL TRAINING**  
\_\_\_\_ **BODY FAT EVALUATION**      \_\_\_\_ **NUTRITIONAL COUNSELING**

***IF YOU ARE REGISTERING FOR PERSONAL TRAINING PLEASE INDICATE THE NUMBER OF SESSIONS YOU HAVE PURCHASED AND THE NAME OF A TRAINER YOU WISH TO WORK WITH. IF YOU HAVE NO PREFERENCE, PLEASE INDICATE THAT AS WELL.***

**NUMBER OF SESSIONS PURCHASED:** \_\_\_\_\_

**DAYS OF WEEK AVAILABLE TO TRAIN:** \_\_\_\_\_

**TIME OF DAY PREFERRED TO TRAIN:** \_\_\_\_\_

**TRAINERS:**

\_\_\_\_ **LORI ECKLUND**                      \_\_\_\_ **SONJA BLAKE**  
\_\_\_\_ **KEITH ALLEN**                      \_\_\_\_ **STACY VARVEL**  
\_\_\_\_ **TAKEELA REDDRICK**              \_\_\_\_ **RICK FOSTER**  
\_\_\_\_ **KEN LILLY**                          \_\_\_\_ **VICTOR ROMANO**  
\_\_\_\_ **NO PREFERENCE**

*\*YOUR TRAINER WILL SCHEDULE TIMES FOR FITNESS TESTS OR TRAINING SESSIONS.*