



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Personal Training

Frequently Asked Questions:

Why should I hire a personal trainer?

Hiring a trainer gives you the benefit of having a fitness professional instruct you on how to achieve your goals efficiently and effectively. Also, it can work wonders for improving your motivation and discipline!

Which trainer is right for me?

Each trainer is unique in his/her style and coaching approach. To find the right fit for you: speak with the Wellness Director and meet with the trainer you think you like before initiating any exercise sessions.

Q: How fast will I see results?

A: Achieving your desired results is determined by a number of factors (goals, training time, healthy habits, level of commitment, etc.). However, despite all of the limiting factors, measurable results can occur within 4-6 weeks.

Benefits of Personal Training:

Boost Motivation

Develop a safe, effective workout

Gain strength and endurance

Improve self-image

Increase flexibility



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Pricing

Hourly Rates

1 hour session

\$40 Member

\$60 Non-member

Package Rates

4 1-hour sessions

\$150 Member

\$225 Non member

8 1-hour sessions

\$280 Member

\$420 Non-Member

Body Fat Test \$10 Member/ \$12 non member

Partner Training

Two people together \$30 each per hour

three people together \$25 each per hour

four or more \$20 each per hour

Personal Fitness Evaluation

\$40 (one session designed to assess current fitness levels.

Includes body composition, flexibility, strength, endurance, and cardiovascular tests).

All packages must be purchased at the front desk prior to training

All packages must be completed within 90 days of purchase or unused sessions will be forfeited.



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Information

Member Name: _____ Date: _____

Contact Numbers: Home: _____
Cell: _____

Date of Birth: _____ Gender: Male Female

Member or Potential Member

Emergency Contact: _____
Phone: _____

Requested Program:

_____ Body Fat Test \$10 member, \$15 non-member

_____ Personal Fitness Evaluation \$40

_____ Single Personal Training Sessions \$40 member, \$60 non-member

_____ 4 Sessions \$150 member, \$225 non-member

_____ 10 Sessions \$280 member, \$420 non-member

_____ Partner training two three four+

Partner's name: _____



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Preferred Trainer:

Male Female No Preference

If you have a specific trainer you would like, please indicate here:

Keith Allen
Lori Ecklund
Sabrina Johnson
Ken Lilly
Shane Piccolo
Christy Richardson
Marlee Rindal
Art Waltman

Specific Goals:

Strength & Tone Weight Loss Flexibility
Cardiovascular Training Injury Rehab/Prevention
Sports Specific _____

Office Use Only: Trainer Assigned: _____ Date call was made to client: _____
