



# Personal Training

## 2012

### Contact Information

Karla Hudson  
402.434.9238  
khudson@ymcalincoln.org

## Personal Training

Take your workouts to the next level with individualized training with a YMCA Personal Trainer.

### Session Dates

Flexible scheduling available, by appointment only.

### Time

Sessions are one hour in length.

### Fees

- Group sessions are available for 2 or 3 members. Contact Health & Wellness Director for details.
- 10% discount may apply for subsequent packages; restrictions apply.

Package	Individual Member Rate	Individual NonMember Rate	Expiration Date
1 session	\$45	\$90	1 month
3 sessions	\$120	\$240	3 months
5 sessions	\$200	\$400	3 months
10 sessions	\$360	\$720	6 months
15 sessions	\$480	\$960	6 months
25 sessions	\$800	\$1600	9 months

## Program Description

Services provided by a Y 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 become more confident and independent

# Registration Information

## Registration

Complete the Personal Training Registration below. Return this, with payment, to the Front Desk at the Downtown Y. Upon registration and payment, a Personal Trainer will contact you via telephone to set up a consultation time.

## Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

## Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

# Personal Training Registration

Name \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Gender \_\_\_\_\_ Personal Trainer Requested \_\_\_\_\_

Best Days/Times for Appointment \_\_\_\_\_

What are your goals for personal training? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What medical concerns, if any, do you have at the present time? \_\_\_\_\_

\_\_\_\_\_

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 \_\_\_\_\_

Number of sessions purchased \_\_\_\_\_ Total Paid \$ \_\_\_\_\_

YMCA Staff: Please receipt and return to the Health and Wellness Director

### Cooper

6767 S. 14th Street

Lincoln, NE 68512

(402) 323-6400

### Downtown

1039 P Street

Lincoln, NE 68508

(402) 434-9230

### Fallbrook

700 Penrose Drive

Lincoln, NE 68521

(402) 323-6444

### Northeast

2601 N. 70th Street

Lincoln, NE 68507

(402) 434-9262

### Youth Sports

570 Fallbrook Blvd., # 210

Lincoln, NE 68521

(402) 434-9217

### Camp Kitaki

570 Fallbrook Blvd., #210

Lincoln, NE 68521

(402) 434-9225