



Theme Training 2012

Contact Information
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Personal Training Packages

Have a special event quickly approaching and don't feel you are able to motivate yourself to reach your goal. Sign up for one of these packages and our certified trainers will push you and help you get where you want to be. Training appointments are one hour in length and specifically scheduled with the demands of your life in mind.

Beginning Exerciser

Learning proper technique and assisting with motivation levels to make exercise a habit you enjoy.

10 Sessions

Individual Member Rate: \$360.00 Individual Non-Member Rate: \$720.00

Weight Loss

Cardiovascular will be the focus to cut those calories. Eventually will add in strength training to boost your metabolism.

15 sessions

Individual Member Rate: \$480.00 Individual Non-Member Rate: \$960.00

Overcoming a Plateau

Assist individuals who are no longer seeing progress in areas such as weight loss, strength gains, fitness levels and more

10 sessions

Individual Member Rate: \$360.00 Individual Non-Member Rate: \$720.00

Couch to 5k Road Race

How to slowly and comfortably incorporate physical activity. Tools to learn how to complete 5k.

25 Sessions (2 sessions per week)

Individual Member Rate: \$800.00 Individual Non-Member Rate: \$1,600.00

The Big Day

Losing 5-10 lbs. "trimming up". Class Reunions, Brides, Grooms, Wedding Parties.

20 Sessions (2 sessions per week)

Individual Member Rate: \$640.00 Individual Non-Member Rate: \$1,280.00
Engaged Couple Member Rate: \$540.00 (each) Engaged Couple Non-Member Rate: \$1,080.00 (each)

Expecting and New Moms

1st Trimester moms who want to stay fit and healthy or moms 12 weeks post-natal who need to lose their baby weight.

20 Sessions (2 sessions per week)

Individual Member Rate: \$640.00 Individual Non-Member Rate: \$1,280.00

Bonus: Nutrition Session included

Triathlon Training

Start small, start large we will train all three areas of a triathlon. Making your weak areas strong and helping you put it all together.

25 sessions (3 sessions per week)

Individual Member Rate: \$800.00 Individual Non-Member Rate: \$1,600.00

Northeast Y

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 Service Center/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.

Theme 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 _____

Theme: _____ 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