

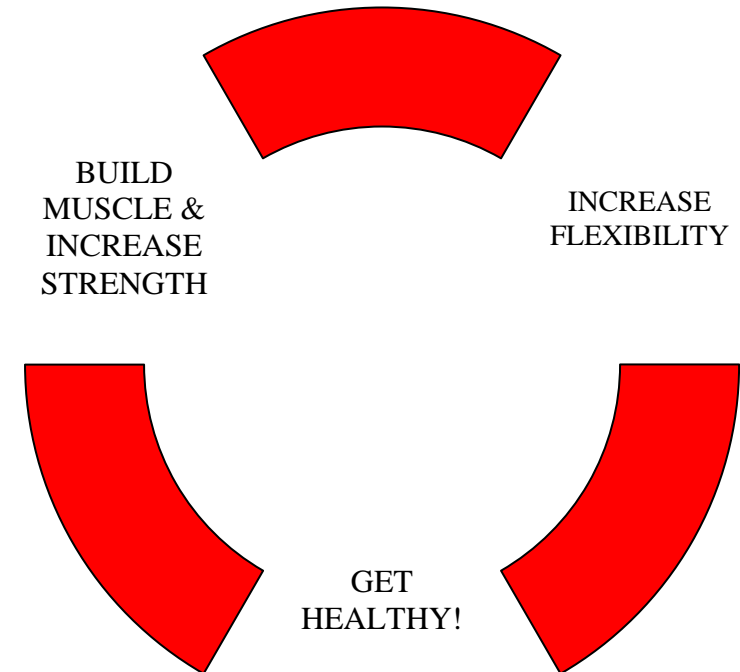
PERSONAL TRAINERS

The personal training staff at the Foglia YMCA hold a variety of national certifications and have diverse educational backgrounds. All trainers are required to attend continuing education courses to keep up-to-date in the latest and safest training techniques. In addition, all of the Foglia YMCA Personal Trainers are CPR/AED certified. You may choose a specific trainer of your choice, or one will be assigned to you. Your trainer will help you achieve your fitness goals, educate you on proper training technique, as well as build your confidence and keep you motivated.

TOP 10 REASONS TO HIRE A PERSONAL TRAINER

1. Help set personal goals
2. Jump start your workout
3. Learn proper and safe weight lifting form/technique
4. Set up a program to help you gain or tone muscle
5. Educate you on how to lose or gain weight
6. Increase flexibility
7. Attain the health benefits (decrease cholesterol levels, blood pressure, and blood glucose)
8. Improve balance and function
9. Increase sports performance
10. Treat yourself to a healthier lifestyle!

PERSONAL TRAINING



WHAT A FOGLIA PERSONAL TRAINER CAN DO FOR YOU!

Investing in a personal trainer is also investing in *you*. Your trainer will play a major role in educating you, and will serve as a source of motivation and encouragement throughout your training program. Your personal trainer will develop a program tailored to your individual needs based on your fitness evaluation and your personal goals. Whether it is weight loss, building muscle, strengthening your core or improving your golf game, Foglia YMCA has the right trainer for you!

HOW TO GET STARTED

Start by filling out a Personal Training Request Form, located on the side of the Healthy Lifestyles Kiosk. After the form is completed, turn it in at the Member Relations Desk. If you have specified a particular trainer, that trainer will contact you to set up your training schedule. If you do not choose a particular trainer, one will be assigned to you based on your available times and/or days that you specified on your Personal Training Request form. If you have any questions, please feel free to contact the *Healthy Lifestyles Kiosk* at (847) 410-5378. **It's as easy as that!**

Feel Good!

Look Good!

Be Healthy!

INVEST IN PERSONAL TRAINING, INVEST IN YOU!

Personal Training is available for ages 12 and up. For best results, we recommend 2-3 sessions per week to get started. Sixty minute and 30 minute sessions are available. Training sessions are held in The Training Zone (a semi-private personal training studio), and in the main weight room.

Individual Personal Training

You will meet with your personal trainer one-on-one. Your trainer will design a program tailored specifically for you to meet your needs and help you achieve your goals.

Partner Personal Training/Group Personal Training

Sign-up with a friend or a group of friends and workout together! Your trainer will work with you in a partner or group setting, helping each of you achieve your individual goals.

Type	Sessions	M/PM 60min	M/PM 30min
Personal	3	\$150/\$300	\$75/\$150
	6	\$265/\$530	\$132/\$264
	12	\$495/\$990	\$248/\$496
	18	\$685/\$1370	\$342/\$684
Partner	3	\$125/\$250	\$63/\$126
	6	\$240/\$480	\$124/\$248
	12	\$455/\$910	\$228/\$456
	18	\$630/\$1260	\$324/\$648

Type	Sessions	M/PM Group of 3	M/PM Group of 4
Group	3	\$120/\$240	\$90/\$180
	6	\$226/\$453	\$170/\$340
	12	\$433/\$866	\$325/\$650
	18	\$600/1200	\$450/\$900

**All prices listed above are per person. Training sessions are to be paid for at the Member Relations Desk prior to the beginning of your training sessions. M=Member, PM=Program Member*



PERSONAL TRAINING REQUEST

NAME: _____ DATE: _____

ADDRESS: _____ CITY: _____ ZIP CODE: _____

HOME PHONE: _____ WORK PHONE: _____ AGE: _____ DOB: _____

CELL PHONE: _____ EMAIL ADDRESS: _____

EMERGENCY CONTACT: _____ PHONE #: _____ RELATIONSHIP: _____

HOW DID YOU HEAR ABOUT THE PT PROGRAM: YMCA PROGRAM GUIDE PT BROCHURE
 COMMIT TO BE FIT SPECIAL EVENT MEMBER* FRIEND* OTHER _____

(*Please provide name and address of any member/friend so we may thank them for their referral)

Name: _____ Address: _____

SPECIFIC DAYS & TIMES AVAILABLE TO TRAIN: _____

TRAINER PREFERENCE: MALE/FEMALE/NONE (Circle One) SPECIFIC: _____

I consider my fitness level: Beginner/Intermediate/Advanced (Circle One)

Physical Restrictions or Medical Complications: _____

Goals and Objectives: _____

Exercise History (Past 6 months): _____

PAYMENT PROCEDURE AND AGREEMENT GUIDELINES

- * Packages must be paid in full prior to training.
- * Members must notify the trainer 24 hours in advance to reschedule a session or will be charged the full cost of the session.
- * If the Personal Trainer cancels a session less than 24 hours in advance, the member will receive a FREE session in addition to the rescheduled session.
- * There is a limitation on allowable 24 hour excused absences (2 per package of 6, 3 per package of 12, 4 per package of 18).
- * Regardless of the arrival time, sessions will end at the scheduled time.
- * All session packages are non-refundable and non-transferable.
- * Package of 6 will expire 2 months from the first day of the training session. (Package of 12, expires within 3 mo/18 within 4mo.)
- * Non-Foglia YMCA members will pay a higher price for packages (Program Member prices listed in brochure).
- * Trainers may not be available immediately. One week lead time may be needed to secure a trainer.

I, _____ have read the above and understand and accept these policies as they relate to the Foglia YMCA and personal training sessions concerning procedures and payment.

Acknowledged and agreed: _____ Date: _____
(Client Signature)