

REDEFINE YOUR FITNESS

Our nationally certified personal trainers will coach, motivate, and inspire you to reach your goals.



- Rev up your old exercise routine with a new approach to your workout
- Reduce the risk of injury by learning good form and correct technique.
- Stay motivated with personalized coaching.

HOW DOES PERSONAL TRAINING WORK?

Free weights, cardiovascular & strength training equipment, and other fitness tools are incorporated to create an individual exercise plan.

Our Certified personal trainers will guide you through a custom workout program tailored to meet your specific goals

You may choose which trainer you would like to work with depending on their availability.

If you have any questions please contact:

Audric Clark at 336.249.2177 or audric@lexingtonymca.com

PERSONAL TRAINING RATES

Individual Training - 30 Minute Session

	Members	Non-Members
1 session	\$20	\$30
5 sessions	\$80	\$130
10 sessions	\$144	\$224

Individual Training - 1 Hour Session

	Members	Non-Members
1 session	\$35	\$55
3 sessions	\$136	\$180
6 sessions	\$240	\$330

If you must cancel a session please provide 24-hour notice of cancelation.

All personal training packages expire 1 year from date of purchase.



YMCA PERSONAL TRAINER SPOTLIGHT

AUDRIC CLARK

YMCA Strength and Conditioning Coach

HEATHER HENDERSON

NASM and Precise Nutrition Specialist

DAWN HEWITT

IFTA Certified Personal Trainer

STEPHANIE SHOAF

IFTA Certified Personal Trainer

ROBBIE STEPHENS

CSCS (Strength and Conditioning Specialist)

TRACIE WELCH

NASM/AFAACE Certified Personal Trainer

HELPING YOU ACHIEVE YOUR GOALS

Working with a personal trainer is a great way to begin an exercise routine that you can stick with for the entire year.

GETTING STARTED

Name _____

Age _____

Phone _____

Email _____

What are your fitness goals:

Have you worked with a personal trainer before? _____

If Yes, how long ago? _____

Circle all that apply:

I would like to train on these days

Mon Tue Wed Thurs Fri Sat Sun

Best time of day:

5:30-8am 8am-12pm 12pm-5pm 5-8pm Other

Request a Trainer:

Any health injuries/issues please list:



DISCOVER YOUR POTENTIAL

How do I set up an appointment with a trainer?

1. Fill out the Getting Started questionnaire in this brochure and hand in at front desk.
2. We will contact you within 72 hours to confirm details, then connect with trainer.
3. Pay for your session prior to scheduled appointment.

FAQ

How long is each session?

Individual sessions are offered for 30 or 60 minutes. Multiple sessions can be purchased.

How do I pay for my Personal Training sessions?

Personal Training sessions are purchased at the Member Service desk and paid in advance of the scheduled appointment with a trainer.

How often should I meet with my trainer?

Frequency may vary depending upon your individual needs and trainer's availability.

What if I cancel?

If you must cancel, we require 24 hour notice in advance of a scheduled appointment. Any cancellation must be communicated directly with the trainer.



PERSONAL TRAINING



HELPING YOU ACHIEVE YOUR GOALS

Whether you're a beginner or veteran, we have the PERSONAL TRAINING program for you.

J. SMITH YOUNG YMCA
119 W. 3rd Ave, Lexington, NC
336.249.2177

J. SMITH YOUNG YMCA