

MEET OUR TRAINERS

Jill Breeden

AFAA Certified

* Specializes in core strength & balance

Whitney Brooks

Yoga Alliance Certification

* Specializes in yoga & injury rehabilitation

Bright Carter

IFTA Personal Training Certified

* Specializes in senior strength, mobility & balance

Allen Keene

IFTA Personal Training Certified

* Specializes in running training

Kassaudra Lockhart

AFAA Certified Personal Trainer

*Specializes in cardio, weight lifting, running and strength training

Amber Manzella

NASM CPT Certified

* Specializes in helping clients to create and implement focused fitness plans for improving their lifestyle and achieving individualized goals.

Pat Savage

Yoga Alliance Certification

* Specializes in Iyengar yoga

Zach Porter

AFAA Certified

* Specializes in strength & endurance

Stephanie Shoaf

IFTA Personal Training Certified

* CAPE Certified for physical training with Special Ed. Population

Cindy Sturgill

YMCA Strength & Conditioning Certified, Fierce 4

Nutritional Coach Certified

* Specializes in nutritional coaching & weight lifting

Ashley Walton

ACSM Certified Personal Trainer

* Specializes in Cardio & Weight Training

Tracie Welch

NASM/AFAA Certified Personal Trainer

* Specializes in HIIT and strength training

Brooke Wheelles

YMCA Strength and Conditioning Certified

Stacy Hilton Vanzant

AFAA Personal Training &TPI (Titliest Performance Institute) Golf Fitness Certified

* Specialize in women's only boot camps & TRX flexibility training

PERSONAL TRAINING RATES

30 Minute Sessions		60 Minute Sessions	
# of sessions	Member/ Nonmember	# of sessions	Member/ Nonmember
1	\$20/\$30	1	\$35/\$55
5	\$80/\$130	5	\$136/\$180
10	\$144/\$224	10	\$240/\$330
Jump Start Package: 3 – 60 minute sessions for \$85 (for new PT clients only)			

Buddy Packages		Group Packages (3-4)	
30 Minute Sessions		60 Minute Sessions	
# of sessions	Member	# of sessions	Member
5	\$60 per person	5	\$80 per person
10	\$110 per person	10	\$150 per person
60 Minute Sessions		*** Buddy & Group packages are available for members only***	
5	\$95 per person		
10	\$150 per person		

PERSONAL TRAINING REQUEST FORM

Name _____

DOB: _____

Phone Number: _____

Email: _____

First Time inquiry for a trainer

I am renewing my training package with _____

DATES AND TIMES REQUESTED

M T W TH F SA SU

Morning Afternoon Evening

Trainer Preference (if you have one): _____

Do you prefer a male or female trainer? M F

Special Needs/Health Concerns:

Type of Training: (circle one)

Individual Training

Buddy Training

Group Training

Nutritional Coaching (can be a stand-alone session or sessions out of a larger PT package)

Please write name if you have a trainer preference

Steps to take to begin your first personal training appointment:

1. Fill out this form and return to the member Service desk to begin your registration process. The Healthy Living Coordinator will connect you with a trainer that will fit best with your schedule and needs.
2. Once registered, your personal Trainer will contact you to set up your first meeting. Please bring your receipt with you on the first meeting day.

Policies & Procedures

RELEASE OF LIABILITY

I understand that even when every reasonable precaution is taken, injuries or accidents may occur. Therefore, in exchange for the YMCA allowing me to participate in YMCA activities, I understand and expressly acknowledge that when I attend the J. Smith Young YMCA facility or program, I do so at my own risk. I release the J. Smith Young YMCA, its staff, directors, officers, and agents from all liability for any injury or damage connected in any way whatsoever to participation in YMCA activities, whether on or off YMCA premises. I understand that this release indicates, but is not limited to, any claims based on negligence, action, or inaction of the J. Smith Young YMCA, its staff, directors, officers, members, agents, representatives, or guests.

I authorize the staff of the J. Smith Young YMCA, or appropriate medical personnel, to administer emergency medical treatment to me. I also understand that I am solely responsible for all costs incurred as a result of such medical treatment. I have read, understand, and voluntarily signed this agreement

Personal training (PT) sessions that are not reschedule or cancelled at least 24 hours in advance will result in forfeiture of the session.

Please note the importance of being on time for your training sessions. Clients arriving late will receive the remaining scheduled session time, unless other arrangements have been previously made with the trainer.

The expiration policy requested completed of all personal training sessions within one calendar year from the date of purchase. PT sessions are void after this date.

I, _____, understand the above personal training policy and procedures of the J. Smith Young YMCA and agree to abide by these terms.

Signature

Date

**SUPPORT
MOTIVATE
ACHIEVE**
TAKING IT TO YOUR NEXT LEVEL!



We are here to support you in reaching your health and well-being goals!

J. Smith Young YMCA

119 West 3rd Avenue
Lexington, NC 27292
336.249.2177

www.lexingtonymca.com

QUESTIONS?

Jen Fuller-Allen
336.249.2177

jen@lexingtonymca.com



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REDEFINE YOUR FITNESS

Personal Training
J. SMITH YOUNG YMCA



Whether your goal is to lose weight, tone up, get in shape or recover after a period of inactivity, let our personal trainers help design and implement an individual plan specific to your goals.

Our trainers will coach, motivate and inspire you to reach your health and wellness goals. They offer weight management training, sports specific training, strength and conditioning and rehabilitation transition.

We also now offer nutritional coaching which can be done as a stand-alone consultation or combined with exercise sessions within a package. Trainers will create an individualized workout tailored to meet your personal needs while considering your strengths, weaknesses, and fitness goals.

**Jump Start Package* - 3-60 Minute
Sessions for \$85**

For new PT clients only