



# LAKOTA FAMILY YMCA PERSONAL TRAINING

513-779-3976 • 6703 Yankee Road, Liberty Township OH 45011

## INDIVIDUAL RATES

1 visit - \$50
4 visits - \$144 (\$36/visit)
8 visits - \$272 (\$34/visit)
12 visits - \$384 (\$32/visit)
16 visits - \$480 (\$30/visit)

Whether you are 15 or 75, an experienced or beginner, personal training can help you reach your health and fitness goals. Your trainer will develop a program that is tailored for you and supports you with knowledge, coaching and motivation to help you look, feel and live better. The YMCA offers members a program that provides individualized exercise training and basic health information.

### LAKOTA YMCA MEMBERS ONLY

Sessions are 60 minutes in length.

## GROUP RATES

4 visits - \$104/person (\$26/visit)
8 visits - \$192/person (\$24/visit)
12 visits - \$264/person (\$22/visit)
16 visits - \$320/person (\$20/visit)

## PROGRAM FEATURES INCLUDE

- Training by a certified personal trainer.
- A comprehensive evaluation to assess your specific needs and goals.
- Short-term (1-4 sessions) and/or long-term training.
- Strength, cardiovascular endurance, flexibility and motor-skill development.
- Programs for basic and advanced fitness.
- Maintenance programs available.

Tear the bottom off, fill out and turn in to the Front Desk. **All information is required.**

## PERSONAL TRAINING REQUEST

Name: \_\_\_\_\_ Age: \_\_\_\_\_ M or F Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Preferred Method: Phone\_\_ E-Mail\_\_ Text\_\_

What days are you available to train? (circle) Mon Tues Wed Thurs Fri Sat Sun

Number of days per week you are wanting to train: \_\_\_\_\_

Time of Day Preferred:

- Early Morning (5am-7am)   
  Mid Morning (7am-10am)   
  Late Morning (10am-12pm)  
 Mid Afternoon (12pm-2pm)   
  Late Afternoon (2pm-5pm)   
  Early Evening (5pm-7pm)  
 Late Evening (8pm-9pm)

Trainer Preference, if available:    Male    Female    No Preference

Any special conditions/injuries we need to be aware of? \_\_\_\_\_