



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

Our Certified Personal Trainers are licensed YMCA professionals who want to help you meet your fitness goals. To find out more about our personal trainers, please see the Personal Training Board in the main hallway of the facility. There you can see a photo and learn the background and fitness philosophies of our trainers.

Personal Training:

- Enhances cardiovascular health
- Improves body composition
- Increases bone mineral density
- Reduces anxiety and depression
- Helps prevent injury
- Increases strength
- Increases metabolism



After working with a personal trainer, you'll see a difference not only in your body, but also in your spirit and mind. Shortly into your workouts, you will start to see and feel changes that will have a positive impact on how you feel about yourself, as well as increased energy. Also, working with a personal trainer helps take the guesswork out of your exercise routine.

Individual Training		Buddy Training (2 people)	
One Session	\$45	One Session	\$70
Five Sessions	\$220	Five Sessions	\$330
Ten Sessions	\$400	Ten Sessions	\$575

Small Group Training

Please see individual flyers, trainers, or
Jimmie Miller for small group options

8 Sessions \$160

(Small groups meet twice weekly for 4 weeks)



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To schedule Personal Training Sessions:
- Complete this registration form and submit to the welcome center
- A Wellness staff will contact you to schedule your sessions
- Payment is due before sessions begin
- Trainings must be completed 90 days from payment

For Staff Use Only:
Mbr# _____ Amt Paid \$ _____
Cash Check # _____ Credit # _____
Date ___/___/___ Staff _____
New or Renewal

Personal Training Registration Form

Name: _____ Birth Date: _____ Gender: M F

Ethnicity: _____ (Optional) E-Mail: _____

Address: _____ Home Phone: _____ Cell Phone: _____

Request specialized training and/or have medical condition: _____

It is best to contact me by: _____ Cell Phone _____ Home Phone _____ Email

Training Requested: _____ Individual _____ Buddy* _____ Small Group Number of Sessions: _____

* Buddy Name: _____ Phone Number: _____

Requested Personal Trainer (if any): _____

What are your fitness goals? _____

What times are you available to train? _____

The YMCA of Memphis & the Mid-South will not assume responsibility for any injury incurred while participating in any athletic event, sports program, or any physically related activity. Nor will the YMCA of Memphis & the Mid-South be liable for lost or stolen items while program participants are using YMCA facilities or are on the YMCA premises. I, the undersigned for myself, my heirs and assigns do hereby release the YMCA of Memphis & the Mid-South, its employees and agents from any and all claims for injury, death, loss or damage I may suffer as a result of my participation. I also assume full responsibility for removing myself from any media opportunities that I do not wish to participate in.

Signature

Date

RIC NUBER YMCA
5885 QUINCE ROAD
MEMPHIS, TN 38119
P901 682 8025 F901 682 0783
WWW.YMCAMEMPHIS.ORG

Contacted on: _____
Appt. Sch'd for _____ at ___:___
Trainer: _____
Appt. Completed on: _____
Trainer Initials: _____