

PERSONAL TRAINING

Single Session

	60 min	45 min	30 min
Facility Member	\$60	\$45	\$35
Program Member	\$70	\$65	\$40
Non-Member	\$85	\$75	\$50

4 Session Package

(For Facility Members only)

	60 min	45 min	30 min
	\$200	\$160	\$120

SMALL GROUP TRAINING

Tuesday Evenings: 5:30-6:30pm

In the Activity Center

Pay by the month (beginning April 2018)

	4 Tuesdays	5 Tuesdays
Facility Member:	\$100	\$140
Program Member:	\$120	\$150
Non-Member:	\$125	\$175

NUTRITION & PERSONAL TRAINING COMBO PACKAGE

(For Facility Members only)

- One 30-minute Nutrition Counseling session with Joyce Giammetti, Registered Dietician
- One 60-minute Personal Training session with a Certified Personal Trainer
\$120 Value for \$99

QUESTIONS?

Contact your Health & Wellness Director, Rachel Marcus @ 707.545.9622 ext. 3122
rmarcus@scfymca.org

INTEREST FORM

I'm interested in...

- Personal Training Single Session
 Personal Training Package
 (4 sessions)
 Personal Training & Nutrition Counseling Combo (1 session of each)

Name: _____

Phone: _____

Email: _____

Age: _____ Gender: _____

Preferred method of contact:
 Phone Email

Goals: _____

What types of activity do you enjoy?: _____

What have your typical activities been over the last month:

Relevant injuries or medical issues:

Trainer preference: _____

Specialties preferred: _____

Please return to the Health & Wellness Director's office in the fitness center or Email this form to: rmarcus@scfymca.org

Your BEST TIMES to workout with a trainer:

MON: AM _____ PM _____
 TUES: AM _____ PM _____
 WED: AM _____ PM _____
 THU: AM _____ PM _____
 FRI: AM _____ PM _____
 SAT: AM _____ PM _____
 SUN: AM _____ PM _____

How many times per week? _____



Why Work with a Personal Trainer?

Personal Training is a great way to get individualized support for meeting your unique fitness goals and needs.

A personal trainer can help with:

- Guidance in starting a new program or working towards existing goals
- Motivation for sustaining a routine
- New ideas!
- Sensitivity towards injury prevention & rehab
- A concrete plan to bring your fitness to the next level safely & effectively



Nutrition Counseling

A 30-minute nutrition counseling session with Registered Dietitian, Joyce, includes:

- Evaluation of current diet
- Discussion of performance goals
- Calculation of energy needs
- Develop meal plans
- Goal setting to improve performance and increase athletic ability.

HOW TO SIGN UP

- Complete the attached Interest Form
- Bring in/fax/email packet Attn: Health and Wellness Director.
- The Director will contact you to match you with a Personal Trainer.
- Your Personal Trainer will contact you to schedule your session/assessment.
- Pay for your Personal Training sessions or Fitness Assessment in the membership office, **prior** to your set appointment time.
- To avoid being charged a session fee, **24 hours notice is required** to cancel training/nutrition sessions.

QUALIFIED TRAINERS

Sonoma County Family YMCA Personal Trainers* are certified through nationally accredited organizations. Our trainers' specialties include:

- Injury Rehabilitation & Prevention
- Healthy Back Care
- Core strength
- Balance and Stability
- Sports Specific Training
- Re-entry to fitness or beginning fitness
- Advanced Conditioning Programs
- Flexibility Training
- Weight Management

***NOTE:** The YMCA does NOT allow private Personal Trainers from other facilities to train YMCA members or guests at the YMCA.



LOVE YOUR WORKOUT

Personal Training & Nutrition Counseling at the YMCA



Sonoma County Family YMCA
1111 College Avenue Santa Rosa, CA 95404
www.scfymca.org