

## 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 \$125

Program Member: \$120 \$150

Non-Member: \$125 \$155

## 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)

Small Group Training with Daniel

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](http://www.scfymca.org)