

## REDEFINE YOUR FITNESS

Our nationally certified personal trainers will coach, motivate, and inspire you to reach your goals.



- Rev up your old exercise routine with a new approach to your workout
- Reduce the risk of injury by learning good form and correct technique.
- Stay motivated with personalized coaching.

### HOW DOES PERSONAL TRAINING WORK?

Free weights, cardiovascular & strength training equipment, and other fitness tools are incorporated to create an individual exercise plan.

Our Certified personal trainers will guide you through a custom workout program tailored to meet your specific goals

You may choose which trainer you would like to work with depending on their availability.

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If you have any questions please contact:

Jerry Charleston at 336.249.2177 or [jerry@lexingtonymca.com](mailto:jerry@lexingtonymca.com)

## PERSONAL TRAINING RATES

### Individual Training - 30 Minute Session

	Members	Non-Members
1 session	\$20	\$30
5 sessions	\$80	\$130
10 sessions	\$144	\$224

### Individual Training - 1 Hour Session

	Members	Non-Members
1 session	\$35	\$55
5 sessions	\$136	\$180
10 sessions	\$240	\$330

If you must cancel a session please provide 24-hour notice of cancelation.

All personal training packages expire 1 year from date of purchase.



# YMCA PERSONAL TRAINER SPOTLIGHT

### DAWN HEWITT

IFTA Certified Personal Trainer

### STEPHANIE SHOAF

IFTA Certified Personal Trainer

### ROBBIE STEPHENS

CSCS (Strength and Conditioning Specialist)

### TRACIE WELCH

NASM/AFAACE Certified Personal Trainer

## HELPING YOU ACHIEVE YOUR GOALS

Working with a personal trainer is a great way to begin an exercise routine that you can stick with for the entire year.

## GETTING STARTED

Name \_\_\_\_\_

Age \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### What are your fitness goals:

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Have you worked with a personal trainer before? \_\_\_\_\_

If Yes, how long ago? \_\_\_\_\_

### Circle all that apply:

I would like to train on these days

Mon Tue Wed Thurs Fri Sat Sun

### Best time of day:

5:30-8am 8am-12pm 12pm-5pm 5-8pm Other

### Request a Trainer:

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### Any health injuries/issues please list:

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## DISCOVER YOUR POTENTIAL

### How do I set up an appointment with a trainer?

1. Fill out the Getting Started questionnaire in this brochure and hand in at front desk.
2. We will contact you within 72 hours to confirm details, then connect with trainer.
3. Pay for your session prior to scheduled appointment.

## FAQ

### How long is each session?

Individual sessions are offered for 30 or 60 minutes. Multiple sessions can be purchased.

### How do I pay for my Personal Training sessions?

Personal Training sessions are purchased at the Member Service desk and paid in advance of the scheduled appointment with a trainer.

### How often should I meet with my trainer?

Frequency may vary depending upon your individual needs and trainer's availability.

### What if I cancel?

If you must cancel, we require 24 hour notice in advance of a scheduled appointment. Any cancellation must be communicated directly with the trainer.

J. SMITH YOUNG YMCA  
119 W. 3rd Ave, Lexington, NC  
336.249.2177



# PERSONAL TRAINING



## HELPING YOU ACHIEVE YOUR GOALS

Whether you're a beginner or veteran, we have the PERSONAL TRAINING program for you.

J. SMITH YOUNG YMCA