

HELPING YOU RAISE

YOUR BAR!

PERSONAL TRAINING

INDIVIDUAL

30-minute sessions; must register monthly

ONE SESSION/WEEK (Y MEMBERS \$20/SESSION)

TWO SESSIONS/WEEK (Y MEMBERS \$16/SESSION, COMMUNITY MEMBERS \$17.25/SESSION)

THREE SESSIONS/WEEK (Y MEMBERS \$14/SESSION, COMMUNITY MEMBERS \$15/SESSION)

SMALL GROUP (3-5 PEOPLE)

30-minute sessions; must register monthly

TWO SESSIONS/WEEK

(Y MEMBERS \$12/SESSION/PERSON, COMMUNITY MEMBERS \$13/SESSION/PERSON)

LEAN LEAGUE (6-12 PEOPLE)

45-minute sessions; must register for 8 sessions

The motivation of a team atmosphere with individualized guidance from our certified Personal Trainer, Benito Cecenas. Built-in progression allows you to smash your fitness goals and record new personal bests. For all fitness levels!

MONDAYS & THURSDAYS 530PM; CROSS-TRAIN AREA

Y MEMBERS \$10/SESSION, COMMUNITY MEMBERS \$12/SESSION

NEXT SESSION: DECEMBER 2 - 19

FITNESS ORIENTATION (20 MINS)

(FREE, MEMBERS ONLY)

This session with a certified Personal Trainer includes demonstration on our cardio and Nautilus circuit machines, goals consultation and body fat analysis (if desired).



PERSONAL TRAINING CONTACT REQUEST

Today's Date: ___/___/___

Name: _____

Phone #: _____

Email: _____

****Please allow at least 48 business hours to be contacted****

Do you currently have an exercise routine? _____

If you answered YES to the question above, what is your routine? _____

What would you like to do for exercise? _____

Have you ever tried Group Exercise Classes? _____

Do you have any medical condition we should be aware of? _____

Do you need help with your nutrition? _____

Have you ever worked with a personal trainer before? _____

What days and times would be best for you to schedule your training sessions? (Please note that the exact times and days may not be available)

Do you have any preference of male or female trainer? _____

Any additional information you would like to share? _____

| Office Use | Action Taken/Notes |
|---------------------------------------|--------------------|
| (Place in Personal Trainer's mailbox) | |
| Contacted By: _____ | _____ |
| Personal Trainer: _____ | _____ |
| Date: ___/___/___ | _____ |