YMCA Personal Training

Personal training is a means to develop physically, grow personally, and have fun while doing it. Our nationally-certified personal trainers share our commitment by evaluating your individual needs and developing specialized exercise and lifestyle programs to meet your goals.

<table>
<thead>
<tr>
<th>Session Type</th>
<th>Individual Training</th>
<th>Group Training</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Member Rates</td>
<td>Non-Member Rates</td>
</tr>
<tr>
<td>1 SESSION</td>
<td>$35</td>
<td>$55</td>
</tr>
<tr>
<td>4 SESSIONS</td>
<td>$133</td>
<td>$209</td>
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<tr>
<td>8 SESSIONS</td>
<td>$252</td>
<td>$396</td>
</tr>
<tr>
<td>12 SESSIONS</td>
<td>$357</td>
<td>$561</td>
</tr>
</tbody>
</table>

CONTACT
Meri Fetkovich, Senior Director of Health and Wellness - 330-742-4788 or mfetkovich@youngstownymca.org
Larry Jensen, Director of Fitness - 330-480-5659 or ljensen@youngstownymca.org

YMCA of Youngstown
Central YMCA
17 N. Champion St.
Youngstown, OH 44503

Davis Family YMCA
45 McClurg Rd.
Youngstown, OH 44512

YMCAyo.org
GETTING TO KNOW YOU

We want to ensure that you have a great experience with our Personal Training program. Please tell us a little more about what your goal is with Personal Training. Check all areas that apply:

- Beginner
- Conditioning
- Sports Performance
- Injury Prevention
- Injury Recovery
- Strength Training
- Endurance Training
- Resistance Training
- Older Adult
- Youth Training
- Women’s Health
- General Wellness
- Weight Management
- Corrective Exercise
- Functional Fitness
- Self-Defense
- Balance Training
- Flexibility and Mobility
- Bodybuilding
- Pre/Post-natal
- Private Athletic Training with Carl Larosa
- Private Boxing Training with Clemente Franklin

PERSONAL TRAINING PROGRAM MEMBER AGREEMENT

The YMCA of Youngstown is glad you have selected to participate in the Personal Training Program. Personal Training is a great way to take your fitness routine to the next level. Our Personal Trainers are here to help you achieve your goals. In order to do so, we ask that you read and follow the guidelines below...

SCHEDULING:
Your Personal Training appointments will be scheduled through you and your trainer at an agreed time/day by both parties. Please ensure that you have provided daytime and evening phone numbers where you can be reached. Appointments are scheduled for Session Lengths determined by the package bought. Please be on time for your appointment or minutes will be deducted from your hour session.

CANCELLATIONS:
Each YMCA of Youngstown Personal Trainer requires 24 hours notice for a cancellation of an appointment. You can reach them at the number provided on your goals sheet. If 24 hours notice is not provided, the session will be forfeited.

REFUNDS:
As per the YMCA of Youngstown Member Handbook, refunds are not provided for Personal Training Packages unless a documented medical reason applies. Personal training packages are non-transferable.

I have read and agree to the above guidelines.

Member: ___________________________ Date: ____________________

Personal Trainer: ______________________ Date: __________________

NOW WHAT?
- Return this form to the Service Desk at the YMCA where you would like to train.
- A Personal Trainer will then contact you to schedule a meeting.
- Now, it is time to begin sessions with your Personal Trainer!