



PERSONAL TRAINING & WELLNESS TRAINING

INITIAL CONSULTATION

This is a body assessment & fitness orientation that includes blood pressure, body composition and fitness assessments that determines your current fitness level and any muscle imbalances you may have. This is what helps us plan the right program for YOU!

- **Gain strength**
- **Increase endurance**
- **Lose weight**
- **Build power**
- **Improve form**
- **Maximize your time**
- **Overcome plateaus**

LET US HELP YOU REACH YOUR GOALS!

Personal Training at the YMCA is all about YOU! Your personal trainer or wellness coach will help you achieve your wellness goals in a program that fits your needs. If you are having difficulty achieving your goals, our Nationally Certified Trainers will assist you in delivering the results you are looking for. Your Personal trainer will emphasize and encourage healthy living habits, provide strength training, cardiovascular improvements, and flexibility tips. Take your goals to the next level with our Personal Training team supporting you each step of the way!

By appointment only. Contact Kelsey Miranda to get started reaching your health and fitness goals!

Personal Training Services

ALL FITNESS LEVELS WELCOME AGES 16 & UP

	1 session	5 sessions	10 sessions	15 sessions	20 sessions
1 person	\$45	\$150 total	\$250 total	\$350 total	\$450 total
2 person	\$65 total (\$32.50 per person)	\$250 total (\$125 per person)	\$375 total (\$187.50 per person)	\$500 total (\$250 per person)	\$625 total (\$312.50 per person)
3 person	\$85 total (\$28.33 per person)	\$350 total (\$116.66 per person)	\$500 total (\$166.66 per person)	\$650 total (\$216.66 per person)	\$800 total (\$266.66 per person)
4 person	\$105 total (\$23.75 per person)	\$450 total (\$112.50 per person)	\$625 total (\$156.25 per person)	\$800 total (\$200.00 per person)	\$975 total (\$243.75 per person)

Today's Date: _____

Name: _____ Cell Phone: _____

Number of sessions: _____ Email: _____

Training days and times preferred: _____

Physical/Medical limitations? _____

Contact:

Kelsey Miranda
 Personal Training coordinator at
Kelsey.miranda@newtonymca.org
 or 641-792-4006
 YMCA OF NEWTON
 1701 S. 8th Ave E
 Newton IA 50208

Expiration dates are from the date of purchase: 1 session = 30 days, 5 sessions = 60 days, 10 sessions = 90 days, 15 sessions = 120 days, 20 sessions = 150 days.