

I'M INTERESTED IN PERSONAL TRAINING.

Date

Name

Cell/Home Phone

Work Phone

Email

Preferred method of contact (cell, home or work phone or email)

Goals/objectives for personal training

Preferred days/times for personal training

Injuries/health concerns

Trainer preference (if any)

Other details we should know

East Valley Family YMCA

1975 S. White Road
San Jose, CA 95148
408 715 6500
evymca.org



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GIVING YOU THE SUPPORT YOU NEED

**Personal Training
EAST VALLEY FAMILY YMCA**



Whether you're new to fitness, a seasoned athlete or somewhere in between, you'll get the personalized attention, support and resources you need to improve your health and well-being. At the Y, results are not just measured by how many pounds or inches you lose. We want to make sure you feel great inside and out.

Our staff is caring, competent and experienced. They are passionate about serving you, and will guide and support you through a fitness plan that fits your lifestyle.

But the support doesn't end with our staff. At the Y, you'll meet a community of other supportive people who will become your friends inside and outside the Y.

PERSONAL TRAINING

Optimize your time, energy and fitness program with one-on-one personal training. Our certified Personal Trainers will design a safe and effective exercise program based upon your personal fitness level and goals.

Personal Sessions

Whether your personal goal is to lose weight, build core strength and increase flexibility, gain muscle strength or break through plateaus, our Personal Trainers can help you achieve your goals.

Sessions	Fees	Expiration
1 Session	\$50	3 weeks after sign-up date
3 Sessions	\$135	3 weeks after sign-up date
6 Sessions	\$270	6 weeks after sign-up date
12 Sessions	\$510	12 weeks after sign-up date

Buddy sessions

Workout with a friend, spouse or partner. Two people can train with a Personal Trainer for individualized fitness plans and the feedback of a one-on-one session, but at a reduced cost per person.* Buddy sessions are one hour.

Sessions	Fees	Expiration
1 Session	\$50	3 weeks after sign-up date
3 Sessions	\$120	3 weeks after sign-up date
6 Sessions	\$240	6 weeks after sign-up date
12 Sessions	\$480	12 weeks after sign-up date

*Both people must purchase a Buddy Session package.



REGISTER FOR PERSONAL TRAINING

- 1 Complete the personal training interest form (on back) and submit it to our Member Services Desk.
- 2 We'll match you with a Personal Trainer that best fits your needs.
- 3 A Personal Trainer will contact you to discuss your goals and schedule your initial session.
- 4 After you have scheduled your first appointment and prior to your first session, purchase a Personal Training package at our Member Services Desk. You must present your receipt to your Personal Trainer at the first session before training begins.

