



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Personal Training

A personal trainer is a great way to start a fitness program for youth, adults, or seniors. Motivation and accountability are at the core of personal training. Certified trainers will design a plan to help you achieve maximum results and will stand beside you along the way, encouraging you and helping you stay on track.

One-on-one or group sessions are available.

Ages

12 years and older

When

Appointments are schedule at your convenience and the availability of a trainer.

1 Hour Sessions	Member	Program Participant
1 Session	\$45.00	\$50.00
4 Sessions	\$160.00	\$180.00
8 Sessions	\$280.00	\$320.00
12 Sessions	\$400.00	\$460.00

Additional Information:

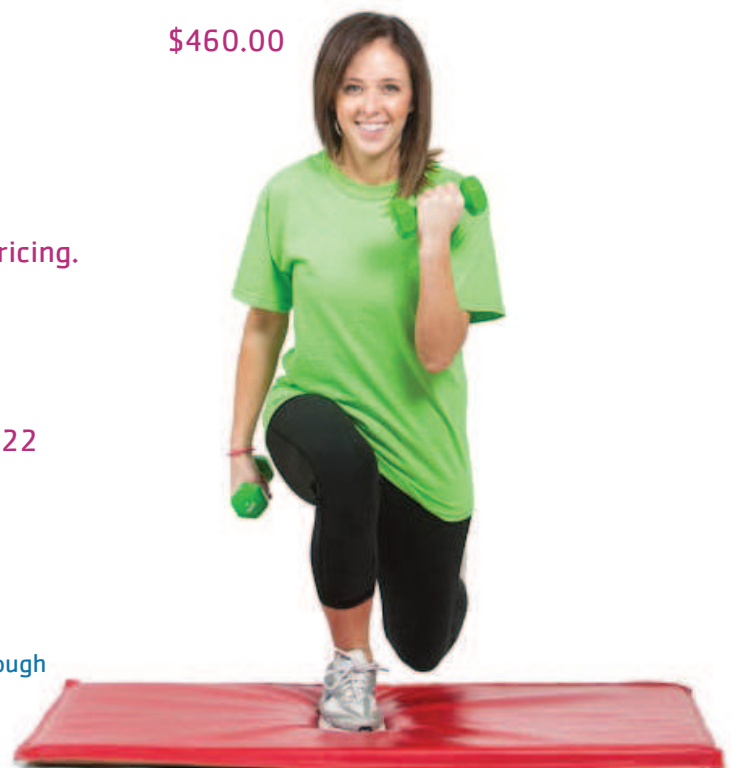
Group rates for 2 or more are available at a reduced rate. Please contact Pam Duckworth for pricing.

Contact

Pam Duckworth, Wellness Director @ 336-395-9622

ALAMANCE COUNTY COMMUNITY YMCA
1346 South Main Street, Burlington NC 27215
P 336 395 9622 F 336 229 4507 www.acymca.org

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.





PERSONAL TRAINING INTEREST FORM

NAME: _____ DATE: _____

ADDRESS: _____

TELEPHONE# : _____

GOALS: _____

TIME OF DAY YOU ARE LOOKING TO WORK WITH A PERSONAL
TRAINER _____

TRAINERS AVAILABLE:

Health Lloyd
Kathy Marino
Tamara Casey

*PLEASE RETURN COMPLETED FORM TO
Pam Duckworth*

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