



Do More, Be More

PERSONAL TRAINING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Benefits:

Whether you are just starting to exercise or are a well-conditioned athlete, working one-on-one with a personal trainer will help you target and achieve your fitness goals! Our trainers will set up an initial consultation with you then customize your work-out to best suit your needs and goals. Sign up today! For members and non-members! All prices shown are member price. Prices double for non-members.

Individual Sessions:

One Session \$30 each
Two to Ten Sessions \$25 each
11 or more \$20 each

2 or More Client Sessions:

One Session \$25/each person
Two to Ten Sessions \$20/each person
11 or more \$15/each person

***Non-member prices are doubled listed price**

For more information contact
Steven Lynch, Healthy Living Director
620.275.1199 or gckymca.fitness@gmail.com

Check us out on the web www.gardencityymca.org

Our YMCA proudly provides those in need with Helping Hand Scholarship Opportunities.

For more information contact the front desk at the YMCA.



Trainers:

Melissa Fulton:

NETA Group Exercise Instructor and
Certified Personal Trainer

Steven Lynch:

B.S. Human and Health Performance, Sport and
Recreation Management
NETA Certified Personal Trainer

Athena Towns:

Neta Group Exercise Instructor

Dane Myers:

Associates in Applied Sciences & Biology, Emphasis
on Nutrition ISSA Certified Fitness Trainer

Please specify preferred days and times for sessions. We will work our best to fit your schedule, but cannot guarantee availability.

Personal Training Registration Form

Type: Individual 2+ **Group Sessions:** 1 2-10 11 or more **# Bought:** _____

Trainer (Circle One): **Athena** **Melissa** **Steven** **Dane**

Preferred days and times: _____

Name: _____ Address: _____

D.O.B. _____ Cell Phone: _____

Home Phone: _____ E-Mail _____

If interested in receiving text or email alerts visit www.rainedout.com and search Garden City Family YMCA

Both of these communication pieces will be used for cancellations, updates, specials and other promotions