



Motivate, Empower, Succeed PERSONAL TRAINING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DODGE CITY FAMILY YMCA

BENEFITS: Whether you're a beginning exerciser or a well-conditioned athlete, working one-on-one with a certified personal trainer will help you target and achieve your fitness goals! Sport-specific training regimens can be designed for the serious athlete trying to reach their optimum performance. Let one of our instructors help you today!

FREE fitness assessment at your first visit.



ABOUT OUR INSTRUCTORS:

Dominique Carson

- Dodge City Law Football Player

Tyler Dyer

- Studying Personal Training through International Strength Training Association

Sonya Schement

- Certified Personal Trainer through The Cooper Institute in Dallas Texas

FEES:	<u>Members</u>	<u>Participants</u>
One Session	\$25/hour	\$50/hour
Two to Ten Sessions	\$20 each	\$45 each
11 or more	\$15 each	\$40 each

For more information contact Stacie Droste, Healthy Living Director at 620.225.8157 or dckymca.fitness@gmail.com.

Check us out on the web at
www.dodgecityymca.org

Personal Training Registration Form

Personal Trainer (circle one): Dominique Carson Tyler Dyer Sonya Schement

Sessions (circle one): 1 2-10 11 OR MORE

Name _____ D.O.B. _____

Address _____ City _____ State _____

Phone _____ Best Time of Day to Call _____

Email _____

Interested in receiving text alerts: YES NO If yes, please write down phone # and provider _____

Interested in receiving email blast: YES NO If yes, please write down email _____

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