

Our team of trained professionals can assist you in reaching your personal goals. Whether you are seeking general conditioning, sport specific training, motivation or nutrition advice, our diverse team is trained to work with members of all ages and fitness levels. Every session will help you reach your wellness goals.



## WHAT DO YOU NEED TO KNOW?

### ► Sessions

Individual, Small Group, and Pilates Training sessions are one hour in length.

### ► Payment

Each appointment must be paid for in advance. Please pay at the membership desk, and bring a receipt to your session.

### ► Punctuality

Trainers will wait up to 20 minutes for a client who is tardy. However, even if a session starts late, it will end at the scheduled time, and no discount will be offered.

### ► Cancellation Policy

Your appointment is valuable; it is reserved for you and you alone. Therefore we ask that you provide at least 24 hours notice for a cancellation. Members who provide less than a 24 hour notice will be charged for their session. To cancel an appointment, please contact your trainer directly or call the YMCA membership desk at (734) 996-9622.



**Ann Arbor YMCA**  
We build strong kids,  
strong families,  
strong communities

**PLEASE NOTE:** All personal wellness sessions must be completed within six months of the date of purchase.

# ANN ARBOR YMCA 2010 PROGRAMS PERSONAL WELLNESS

**Personal Training**

**Partner Training**

**Mat or Reformer Pilates Training**

**Nutritional Consultation**

**Fitness Assessment**



## Personal Training

Get the most out of your workouts with individualized instruction! Let an experienced and motivating exercise specialist develop an exercise program to best meet your personal fitness goals and needs.

**Fee:**  
**Members:** One Session – \$45  
Four Sessions – \$160  
Eight Sessions – \$320

## Partner Training

This option offers you the benefits of a personal trainer and a workout partner in one. Choose your own workout buddy or be paired up with another member with similar goals and experience. There is an initial commitment of 4 sessions required; if one person is missing from a session, the session is still counted.

**Fee:**  
**Members:** Four Sessions –  
\$120 per person

## Fitness Assessment

Let us help you set your fitness goals! This assessment includes heart rate, BMI, body composition, flexibility, muscular strength and endurance testing.

**Fee:**  
**Members:** One Session – \$40  
**Non-Members:** One Session – \$55

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## Mat or Reformer Pilates Training

Work one-on-one with a Pilates instructor to condition yourself through a unique form of exercise. Focus will be placed on the mind-body connection and proper exercise form for enhancing the strength of the core, or torso muscles.

**Fee:**  
**Members:** One Session – \$50  
Five Sessions – \$225  
**Non-Members:** One Session – \$75  
Five Sessions – \$325

## Nutritional Consultation

Meet one-on-one with a registered dietitian to determine your nutrition goals. Areas of counseling include general nutrition, weight control, prenatal, childhood nutrition, and sports nutrition.

**Fee:**  
**Members:** One Session – \$45  
**Non-Members:** One Session – \$55

For more information or to find out how a YMCA Personal Trainer can help you, please contact:  
Jen Nicodemus at (734) 661-8043 or  
jnicodemus@annarborymca.org



## Contact Information Form

If you would like someone to contact you regarding one of our services please return this completed form to the front desk.

\_\_\_\_\_  
Name Date

\_\_\_\_\_  
Phone#(s)

\_\_\_\_\_  
Email

### ▶ Please Check One

- Personal Training
- Partner Training
- Mat or Reformer Pilates Training
- Nutrition Consultation
- Fitness Assessment

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\_\_\_\_\_  
Signature:

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