

CONTACT INFORMATION

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

- Jump Start Program
- Personal Training
- Partner Training
- Fitness Assessment
- Nutrition Consultation
- Pilates Training

Cancellation Policy

Your appointment is valuable, it is reserved for you and you alone. Therefore we ask that you provide at least 24 hour notice for a cancellation. Members who provide less than a 24 hour notice will be charged for their session.

Expiration Policy

All personal wellness sessions must be completed within six month of the date of purchase.

Signature: _____

WHAT DO YOU NEED TO KNOW?

Sessions

Individual, Partner, 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 late. 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.

Expiration Policy

All personal wellness sessions must be completed within six month of the date of purchase.

ANN ARBOR YMCA

400 West Washington
Ann Arbor, Michigan 48103
(734) 996-9622

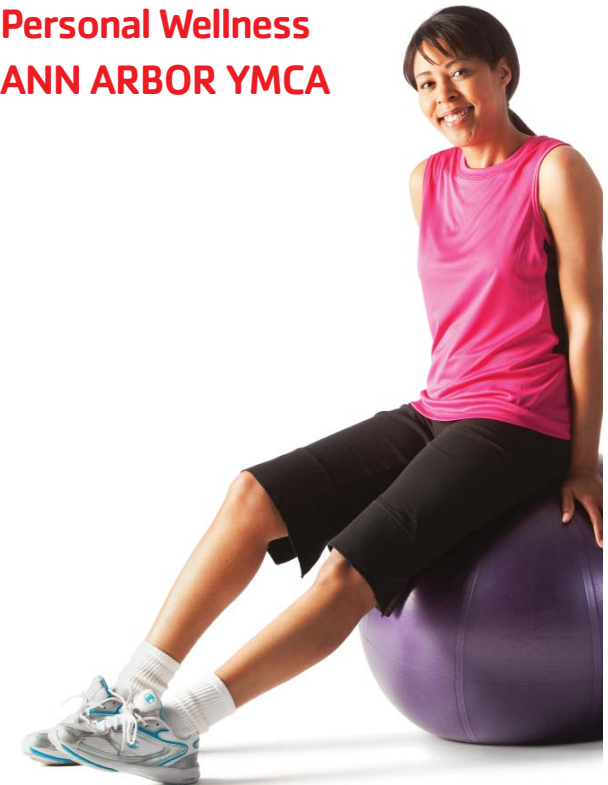
www.annarborymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE YOUR BEST SELF

Personal Wellness
ANN ARBOR YMCA



The YMCA's team of trained exercise specialists and personal trainers can help start you on a path towards reaching your health and wellness goals. Whether you're seeking general conditioning, sports-specific training, motivation or nutrition advice, our diverse team is trained to work with people of all ages and fitness levels. **Let us help you be your best self!**

JUMP START PROGRAM

Get a jump start on a healthier lifestyle. Meet one-on-one with YMCA staff members, who will guide you through a nutrition consultation and a fitness assessment. In addition you'll have three sessions of personal training with a certified personal trainer.

Fee (Members):
Five Sessions – \$200

PERSONAL TRAINING

Get more out of your workouts with individualized instruction. An experienced and motivating YMCA exercise specialist will work with you to develop an exercise program that best meets your personal fitness goals and needs.

Fee (Members):
One Session – \$50
Four Sessions – \$180
Eight Sessions – \$360

PARTNER TRAINING

Partner training 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. Please schedule your sessions when both partners are available.

Fee (Members):
One Session – \$35 per person
Four Sessions – \$140 per person

FITNESS ASSESSMENT

YMCA staff will measure your heart rate, body composition, flexibility, muscular strength and endurance testing. With this baseline information, we'll help you establish your personal fitness goals.

Fee (Members):
One Session – \$50

Fee (Non-Members):
One Session – \$60

NUTRITION CONSULTATION

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

Fee (Members):
One Session – \$50

Fee (Non-Members):
One Session – \$60

PILATES TRAINING

Work one-on-one with a Pilates instructor to condition yourself through a unique form of exercise. We'll focus on the connection between your body and mind and proper exercise form for enhancing the strength of the core, or torso muscles. Pilates training can be done on a mat or on the reformer.

Fee (Members):
One Session – \$55
Five Sessions – \$250

Fee (Non-Members):
One Session – \$80
Five Sessions – \$350

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.

FREE PROGRAMS:

SUCCESS 101 WORKSHOP

Get the most out of your YMCA membership! This one-hour, interactive workshop is designed to help you get motivated, learn what the YMCA has to offer, and set S.M.A.R.T. fitness goals. Workshops are offered several times a month. To schedule an appointment, please call 661-8036.

Fee: Free for members

WELLNESS CENTER ORIENTATION

Let a YMCA wellness staff member take you through a free, one-on-one introduction to our Wellness Center. Learn how to adjust the equipment for your own needs and maximize the safety and effectiveness of your workouts. Stop by or call the membership desk to sign up for your one-hour appointment.

Fee: Free for members