

# YMCA Personal Fitness FAQs

## How do I know which trainer is right for me?

To determine the best trainer for your needs, please contact Jen Nicodemus at [jnicodemus@annarborymca.org](mailto:jnicodemus@annarborymca.org) or 734-661-8043.

## How much does training cost?

Personal Training: 1 session = \$50; 4 sessions = \$180; 8 sessions = \$360

Partner Training: 1 session = \$35 per person; 4 sessions = \$140 per person

Pilates Training: 1 session = \$55; 5 sessions = \$250 – members

1 session = \$80; 5 sessions = \$350 – community members

## When are trainers available?

Personal trainers are available to train when ever the YMCA is open, however, they do not work regular hours so it is important to have an appointment scheduled.

## How long is a session?

A personal wellness session is one hour in length.

## What exercises will I do with my personal trainer?

Each client will experience a unique workout specialized to his or her specific fitness goals. It is a good idea to write down some fitness goals and talk about them with your trainer before your first session.

## How often should I meet with my trainer?

While you can meet with your trainer as often as you like, to get the best results, it is better to meet on a regular basis to keep on track with your fitness goals.

## How do I make a payment for personal training?

Initial payment can be made at the front desk. Let the staff person know how many sessions you would like to purchase; they will give you a receipt which you will give to your trainer so he/she knows that you paid. If you would like to have your account charged for additional personal training sessions ask your trainer for an "Ongoing Personal Training" card. Complete the card and return it to your trainer.

## Do you have to be a member to hire a YMCA personal trainer?

We can only provide personal training for our members. Community members may participate in Pilates training at the community member fee. If you would like to talk to someone about becoming a member please call 734-661-8009 to speak with one of our membership specialists.

## What are the credentials of YMCA personal trainers?

All of our personal trainers are certified by the YMCA, ACE, ACSM, NSCA or NASM and have at least one year of experience. Most of our trainers have a degree in exercise science or a related field; some are currently working toward a degree.

## What is your cancellation policy?

Please provide at least 24 hours notice for a cancellation. Personal training clients who provide less than 24 hours notice will be charged for their session. To cancel an appointment, please contact your trainer directly or call the Y at 734-996-9622.

## What is partner training and how can it help me?

Partner training is just like personal training except that you *and a friend* get to workout with a trainer at the same time at a discounted rate. You can choose your own workout partner or be paired up with someone with similar goals. Having a partner will help you stick to your exercise program and make working out fun. Sessions must be scheduled when both partners can attend.

## How long do I have to complete my sessions?

All personal wellness sessions will expire 6 months from the date they were purchased.

## What can I do if my trainer and I don't click?

If you are unhappy with your personal training experience in any way please contact Jen Nicodemus at [jnicodemus@annarborymca.org](mailto:jnicodemus@annarborymca.org) or 734-661-8043 at your earliest convenience.