



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BE HEALTHY. BE STRONG.

YMCA Personal Training

Personal training is a means to develop physically, grow personally, and have fun while doing it. Our nationally-certified personal trainers share our commitment by evaluating your individual needs and developing specialized exercise and lifestyle programs to meet your goals.

Session Type	Individual Training		Buddy Training	
	1-Hour	30 min.	1-Hour	30 min.
1 SESSION	\$70	\$40	\$40/per person	\$25/per person
6 SESSIONS	\$378	\$216	\$216/per person	\$135/per person
12 SESSIONS	\$672	\$384	\$384/per person	\$240/per person

PERSONAL TRAINING STARTER PACKAGE

Designed for those who are new to Personal Training at the YMCA.

Three, 1-hour sessions: \$149

Questions? Contact Ariel Gonzales, Healthy Living Director, at 281-469-1481 ext 1607 or via email at ariel.gonzales@ymcahouston.org.

D. BRADLEY MCWILLIAMS YMCA AT CYPRESS CREEK

19915 State Highway 249, Houston, TX 77070
281-469-1481
ymcahouston.org

Name: _____ Date: _____

Phone: _____ Email: _____

Preferred Method of Contact: PHONE EMAIL

Preferred day(s) of the week:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Preferred time(s) of day: _____

Trainer Name: _____

Any other information we should know: _____

GETTING TO KNOW YOU

We want to ensure that you have a great experience with our Personal Training program. Please tell us a little more about what your goal is with Personal Training. Check all areas that apply.

- | | | |
|--|---|--|
| <input type="checkbox"/> Beginners | <input type="checkbox"/> Private Yoga | <input type="checkbox"/> Sports Conditioning |
| <input type="checkbox"/> Older Adults | <input type="checkbox"/> Youth Training | <input type="checkbox"/> Bodybuilding |
| <input type="checkbox"/> Sports Performance | <input type="checkbox"/> Conditioning | |
| <input type="checkbox"/> Injury Recovery | <input type="checkbox"/> Balance Training | |
| <input type="checkbox"/> Women's Health | <input type="checkbox"/> Flexibility and Mobility | |
| <input type="checkbox"/> Strength Training | <input type="checkbox"/> Pre/Post-natal Exercise | |
| <input type="checkbox"/> Weight Management | <input type="checkbox"/> Corrective Exercise | |
| <input type="checkbox"/> Functional Fitness | <input type="checkbox"/> Injury Prevention | |
| <input type="checkbox"/> Endurance Training | <input type="checkbox"/> Resistance Training | |
| <input type="checkbox"/> Suspension Training | <input type="checkbox"/> General Wellness | |

NOW WHAT?

- Return this form to the Welcome Center at the YMCA where you would like to train.
- You will receive confirmation of your request from a member of our Healthy Living team.
- A Personal Trainer will then contact you to schedule a meeting.
- Now it's time to begin sessions with your Personal Trainer!