



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Personal Training

Have you had a training session with one of our staff but feel as though you still need assistance? Our trained staff and ActivTrax can take you far with your fitness program but sometimes you just need more one-on-one help. For experienced exercisers, personal trainers will demonstrate new techniques to advance your goals and add variety to your routine. Professional staff will develop a custom program in any area you want to improve: Sports, Aquatics, or overall fitness. Imagine having a professional at your side to ensure you receive the proper knowledge, safety, and maximum results! Work alone with your trainer, or involve a partner and reach your goals together.

- Guidance for weight loss
- Elevate your program to the next level
- Need Motivation
- Rehabilitation
- Enhance sports performance

## FEES

Level 1: \$40/hour or \$350 for 10 hours

Level 2: \$60/hour or \$550 for 10 hours

(Group rates are also available; see the back of this form for those fees)

## TRAINERS

(A trainer biography sheet is available at the front desk.)

Level 1:

- Ashly Achee
- Todd Castleberry
- Derrick Cyprian
- Joey Godfrey
- Ian Guedry

Level 2:

- Ian Lusins

## REGISTERED DIETICIAN

- Amanda Perron

## PROCEDURES

If this is your first session of personal training fill out the registration form on the back and pay your fees at the front desk. Indicate which trainer you have chosen on the registration form. Then the Personal Trainer you have chosen will call you to set up your first appointment. Your sessions will be scheduled when it is convenient for you. If you do not know who to select for a trainer one will be assigned to you by our Wellness Director, Donna Chustz. Personal Training is for YMCA members only.



A.C. Lewis YMCA  
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[www.ymcabatonrouge.org](http://www.ymcabatonrouge.org)

**A. C. Lewis Branch  
Personal Trainer Registration Form  
(First time participants only)**

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_

WORK PHONE \_\_\_\_\_

CELL PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

What type of sessions are you interested in?

**One-on-one:**

Level 1:      \_\_\_ 1 hour -- \$40      \_\_\_ 10 hours -- \$350

Level 2:      \_\_\_ 1 hour -- \$60      \_\_\_ 10 hours -- \$550

**Groups: (2-4 members; must be paid all at once)**

Level 1:      \_\_\_ 1 hour -- \$50      \_\_\_ 10 hours -- \$450

Level 2:      \_\_\_ 1 hour -- \$75      \_\_\_ 10 hours -- \$700

Trainer you have chosen. \_\_\_\_\_

Check here if you would like our Fitness Director to assign a trainer for you. \_\_\_\_\_

Preference:    Male      Female

Days/wk you want to train \_\_\_\_\_    Time of day desired \_\_\_\_\_

Do you have any specific goals or needs that need to be addressed? \_\_\_\_\_

The minimum session length is one hour. A 24-hour notice is required for cancellation of all sessions. You will be charged for the scheduled session if you miss or fail to give the YMCA or your trainer a 24-hour notice. You will have a maximum of 6 months within the date of registration to complete all sessions.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

**YMCA of the Capital Area Mission: Our YMCA is an Association of persons united in a common effort to enhance the quality of life, spiritually, mentally, and socially, for all, in the communities we serve through the ecumenical application of Christian principles.**



Capital Area United Way

**Scholarships are available for all YMCA programs based on financial need and availability of funds.**