



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 is available on the wall in the strength area.)

Level 1:

- Darrell Mayard
- Meredith Atterbery
- Stephanie Condrey

Level 2:

- Debbie Ellington
- Karen Lambert
- Nicholas Ortego

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, Rebecca Solomon. Personal Training is for YMCA members only.

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