

Personal Training

and Private Yoga Sessions

Le Mars Y Personal Training

The Le Mars YMCA Personal Trainer can help you reach your goals. The Personal Trainer is certified and experienced in performing fitness assessments, evaluating individual needs and implementing an exercise program based on those needs.

All personal training sessions will last approximately one hour. Sessions will be scheduled based on the participant's convenience and the trainer's availability.

Individual Rates

5 Sessions: \$125.00

Each Additional Session: \$30.00

- Each personal training session is one hour.

Group Rates (2-3 people)

5 Sessions: \$75.00 per person

Each Additional Session: \$25.00 per person

- Each personal training session is one hour.

Personal Training Request Form

Please return to the Le Mars Y.

Name: _____ Age: _____

Home Phone: _____ Work Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

eMail: _____

Type of Training: Personal Training or Private Yoga

Type of Personal Training: Individual or Group

Number of Sessions: 1 Session, 5 Sessions or More

Fitness Goals: _____

Ideal Days/Times: _____

If you would like to train as a group (2-3 people), please list the other group members.

Name: _____ Age: _____

Name: _____ Age: _____



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Waiver: I do acknowledge the risk of injury is possible while participating in this program. I agree to waive all claims against the YMCA, staff, volunteers, coaches and sponsors of this program.

Participant(s) Signature & Date

