

A PERSONALIZED PROGRAM JUST FOR YOU

We offer a variety of programs to assist you in achieving your goals. You can work one on one with a nationally certified Personal Trainer, find a work out partner to learn about proper exercise techniques, or join a small group to work out with. All under the direction of a Personal Trainer.

INDIVIDUAL PERSONAL TRAINING

Programs are designed to specifically reach your individual goals while receiving personal attention. Your trainer will work with you one on one to obtain those goals. Training sessions are purchased in 30 or 60 minute increments and you can split 1 hour sessions into half hour or use the full hour. The trainer will keep track of your sessions. Fitness Assessments are a tool trainers use and include the following:

- Cardiovascular endurance
- Muscular strength and endurance
- Flexibility
- Body Composition

1 Hour Fees:

\$47—One session

\$215—Five sessions

\$420—Ten sessions

\$780— Twenty sessions

30 Minute Fees:

\$32—One session

\$145—Five sessions

\$260—Ten sessions



Edison YMCA

1775 Oak Tree Road
Edison, NJ 08820
732-494-3232
Ymcaofmewsa.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

NATIONALLY CERTIFIED STAFF
Individual, Dual, or Small Group
EDISON YMCA



Edison YMCA

1775 Oak Tree Road
Edison, NJ 08820
732-494-3232
Ymcaofmewsa.org

DUAL PERSONAL TRAINING

This program is designed to be an introduction to Personal Training. You and your partner will take turns training and spotting each other during the session under the direction of a Personal Trainer. Emphasis will be placed on education and technique. You will be given a general workout in this program. Working out together builds relationships and helps you keep your commitment to wellness.

1 Hour Fees:

\$60 (\$30 per person)—One hour session

\$270 (\$135 per person) - Five hour sessions

\$520 (\$260 per person) - Ten hour sessions

30 Min Fees:

\$40 (\$20 per person) —One 30 min session

\$180 (\$18 per person)—Five 30 min sessions

\$340 (\$17 per person)—Ten 30 min sessions

BEGINNER PERSONAL TRAINING PACKAGE

Buy 2 Personal Training hours, get 1 FREE. Special pricing is available all year. Available for those who are new to Personal Training at the Edison Y.

Fee: \$94



Personal Trainers help to empower, encourage, and challenge you to reach and maintain a healthy lifestyle.

SMALL GROUP TRAINING

Do you enjoy the company of others while working out? Try Small Group Training. Choose the Small Group Training that best fits your needs. Small Group Training offers clients enthusiasm and encouragement from a group environment while still getting personalized attention and fitness routines tailored to your specific needs. Register at the Welcome Center. Fees are based on training one day a week for 7 weeks.

Fee: \$91 per person for 8 wk session, (one hour once a week)

\$56 per person for 8 wk session, (30 minutes once a week)



BENEFITS OF WORKING WITH A PERSONAL TRAINER

- Individualized program—will develop a program specifically designed for your personal needs and training goals. Including weight loss, sport specific training, and a healthier you
- Efficiency—will help get maximum results in minimum time by keeping you focused on your goals
- Learning proper technique—proper form is a vital part of achieving results.
- Break through plateaus—you've been doing the same routine and would like a change.

HOW DO I SCHEDULE A PERSONAL TRAINING SESSION?

Interested in taking the next step towards your health goal? Complete a Personal Training request form available at the Welcome Center. A Personal Trainer will contact you to discuss what is right for you and to schedule your appointment. Please contact the Wellness Director if you have any questions at (732)494-3232, or stop in the Wellness Center to speak with a trainer.

Are you in a rut? Do you need motivation? Give Personal Training a try.

