

A PERSONALIZED PROGRAM JUST FOR YOU

We offer a variety of programs to assist you in achieving your goals. 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 hour increments but you can split them up into half hour, 45 min or use the full hour. The trainer will keep track of your sessions used. Fitness Assessments are a tool trainers use and include one or more of the following:

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

Fee:

\$47—One hour session

\$210—Five one hour sessions

\$367—Ten one hour session



South Amboy Branch

200 John T. O'Leary Blvd
South Amboy, NJ 08879
732-553-9622

Ymcaofmewsa.org

Rev. 6/2014



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

NATIONALLY CERTIFIED STAFF
Individual, Dual, or Small Group
SOUTH AMBOY BRANCH



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.

Fee:

\$54 (\$27 per person)—One hour session

\$247 (\$123.50 per person) - Five hour sessions

\$440 (\$220.00 per person) - Ten hour sessions

BEGINNER PERSONAL TRAINING PACKAGE

Buy 2 Personal Training hours, get 1 FREE. Special pricing is available all year. Only available for those who have never purchased Personal Training before at the South Amboy Branch Y. Fee: \$94



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

SMALLGROUP TRAINING

Do you enjoy the company of others while working out? Try Small Group Training. You get a group of a minimum of 3 or max of 6 people together, pick your trainer or have one assigned to your group, pick your day and time, and complete a Small Group Training Request Form at the Member Services Desk. Fees are based on training one day a week for an hour for 7 weeks. Additional days would be an additional cost.

Fee: \$85 per person for 7wk session, (one hour 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. Goals include weight loss, sport specific training, and healthy living.
- 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 Member Services Desk and return it there. A Personal Trainer will contact you to discuss what is right for you and to schedule your appointment. Please contact one of our Personal Trainers if you have any questions at 732-553-9622.

Also stop in our Wellness Center for information

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

