

SCHOLARSHIP OPPORTUNITIES

We believe in providing opportunities for EVERYONE to work with a personal trainer. No matter someone's financial status, we want everyone to have access to the great benefits that come from working with a personal trainer which is why we've developed a pricing structure. We understand that personal training is an investment and we don't want anyone to feel as though they can't afford personal training. For questions or inquiry's please contact the Fitness Director.

"Personal Training is an investment, not an expense"



All packages/sessions must be paid for in advance and are non-refundable and non-transferable.

Please contact the Fitness Director if you are unable to pay in full.

SESSIONS EXPIRE 6 MONTHS AFTER PURCHASE DATE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Whether your goal is to lose weight, tone up, get in shape or recover after a period of inactivity, our personal trainers can help you by designing and implementing an individual plan specific to you and your needs. Our trainers will coach, motivate and inspire you to reach your health and wellness goals.

See inside for session pricing and trainer information.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUPPORT MOTIVATE ACHIEVE

Personal Training Nishna Valley YMCA

TAKING IT TO **YOUR** NEXT LEVEL



Nishna Valley Family YMCA
1100 Maple St
Atlantic, Iowa 50022
712-243-3934
www.nishnavalleymca.com

MEET OUR TRAINERS

Jon Jordan



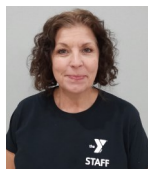
*ACE Certified Personal Trainer
Certified Schwinn, Keiser and YMCA of the
USA Indoor Cycling Instructor
Certified Tai Chi Instructor*

Allison Knox-Westmeyer



*ACE Certified Senior Fitness Specialist
Certified SilverSneakers Classic and Circuit
Instructor*

Tina Olson



*ISSA Certified Personal Trainer
ASFA Certified Youth Fitness Trainer
Zumba, Zumba Core, Zumba Glutes, Zumba
Plate Instructor
SilverSneakers Certified Instructor*

PERSONAL TRAINING RATES

Each session represents "1 hour" and can be broken up based on the needs an individual.

Number of Sessions	Individual Sessions	Buddy Sessions
1-5 Sessions	\$30 Each	\$25 Each
6-10 Sessions	\$29 Each	\$24 Each
11-15 Sessions	\$28 Each	\$23 Each

Please contact the Fitness Director if you need scholarship pricing

SPECIALTY PACKAGE RATES

PT 101 - \$125

This is a great program for those who feel comfortable in the gym and perform movements with good technique. A trainer will sit down and assess your goals and put together a customized 8 week program that reflects your needs. You'll then meet with the trainer 3 separate times on the fitness floor moving through the different exercises and workouts put together.

Program Design - \$75

A customized program put together by a trainer that reflects your wants and goals in a program. You'll receive workouts customized for whatever space you're working out in and an 8 week guide to help you reach your goals and take your fitness journey to the next step!

PERSONAL TRAINING REQUEST FORM

Please complete and return to the Welcome Center. The Fitness Director will connect you with a trainer that will best fit you and your

Name _____

DOB _____

Phone Number _____

Email _____

TRAINING TYPE

Circle which type of training you are interested in.

Individual

Buddy

PT 101

Program Design

AVAILABILITY

Specify which day(s) and/ or times your requesting.

M T W TH F SA SU

Morning

Afternoon

Evening

TRAINER PREFERENCE

Do you prefer a male or female trainer?

M F

Trainer Preference (if any)