

NEW

YEAR!

PERSONAL FITNESS COACHING

1:1 Personal Coaching

Single 1 hour session \$25

Four 1 hour sessions \$80.00

1:2 Personal Coaching

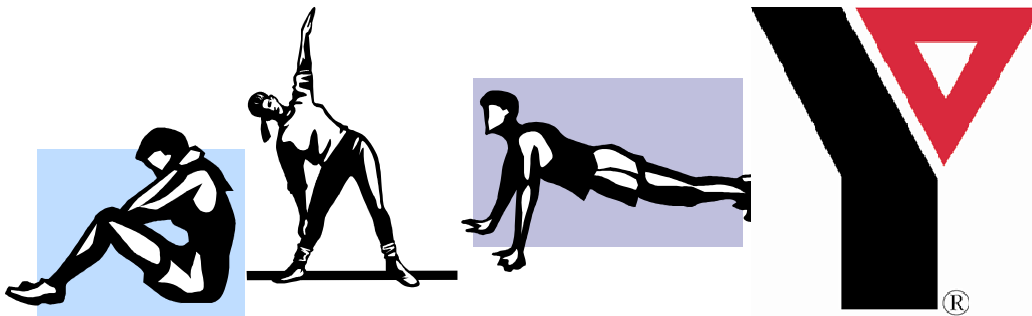
The buddy workout

(you and a friend can work out together with a coach!)

Four 1 hour sessions \$140.00

(\$70 per person for 4 sessions)

1/2 consultation meeting included with one hour session and the four one hour sessions



***SIGN UP AT THE Y FRONT DESK
MEMBERS ONLY***

FOR ADDITIONAL INFORMATION SEE BACK OF SHEET

DESCRIPTION SHEET

YMCA PERSONAL FITNESS COACHING

The YMCA is offering individual fitness coaching for beginning exercisers, previously active people who want to resume a fitness routine, or members currently exercising but want to work on strength using proper form and good technique through personalized attention.

How it works: Register at the front desk **with the trainer** that meets your scheduling needs. At that time you will sign up for a 1/2 hour consult session with your trainer. When you meet with the trainer during your consultation you will then set up time and day of the week that you will meet for the next four weeks according to the trainers set schedule. **You have 10 weeks to fit in your coaching sessions. Ten weeks past the initial consultation with the trainer sessions are no longer valid.**

How can a Personal Fitness Coach help you?

In addition to proper technical instruction, a YMCA Personal Fitness Coach is more readily able to provide motivation and support to an individual in an exercise program. Our goal with fitness coaching is to give the client enough information, confidence, and exercises that they will feel good about working out on their own after 4 training sessions.

Appointment times: Fitness Coaches will be available during the day and evening hours Monday through Sunday. Please inquire at the front desk for specific times. If you are not familiar with our fitness equipment, we recommend that you receive a Fitness Orientation prior to Personal Fitness Coaching sessions. There is a 24 hour cancelation policy. You must call within 24 hours if you can not make your appointment, there will be no make up training sessions for individuals who are considered "no call" or a "no show".

BENEFITS OF WORKING WITH A PERSONAL FITNESS COACH

- **Helps you set realistic fitness goals**
- **Keeps you motivated and committed to working out**
- **Offers variety in exercises**
- **Gives you sound advice about fitness**
- **Helps with proper technique**
- **Helps you be accountable to your workout schedule**

Coaching is available to YMCA MEMBERS AGE 13 years and older.

YMCA of Ithaca and Tompkins County
Ithaca, New York 14850
607-257-0101 www.ithacaymca.com

