

MEET OUR TRAINERS

Connie Baer

"I'm an enthusiastic Personal Trainer with the ability to help a diverse group of people achieve their fitness goals. I'm able to evaluate a client's fitness level by understanding their needs and then develop a practical and achievable fitness routine to enable them to reach their goals."



Linda Cox

"I love my clients and watching them achieve their goals. I focus on meeting your needs, not fulfilling my own agenda. Personal training allows me to help an individual become the best version of themselves."



Leo Gordon

"My military background and training experience have given me a solid foundation in functional strength and high intensity training. I know how to get you moving, but also understand there are limits and all gains are made through recovery. I believe in balanced training and motion through training proper movement patterns."



Cody Ridgeway

"I enjoy a focus on high intensity strength training, as well as general fitness. I can meet you where you are! I thoroughly enjoy designing custom programs to accommodate your personal needs and achieve your goals."



PERSONAL TRAINING RATES

# of People	One Session	Six Sessions	Twelve Sessions
1	\$60	\$330 or \$55/hour	\$600 or \$50/hour
2	\$66 or \$33/hour/ per person	\$360 or \$30/hour/ per person	\$675 or \$28/hour/ per person
3	\$75 or \$25/hour/ per person	\$415 or \$23/hour/ per person	\$795 or \$22/hour/ per person
4	\$88 or \$22/hour/ per person	\$480 or \$20/hour/ per person	\$915 or \$19/hour/ per person

Are you a new client? Check out our **JUMP START PACKAGE**
1 30-minute consultation and
2 30-minute PT sessions
Only \$85

See a Healthy Living Coach or Membership Engagement Representative to register or for more information.

PERSONAL TRAINING REQUEST FORM

Name: _____

Phone Number: _____

Email: _____

- Would you like to hear about updates and promotions happening at the Hendersonville Family YMCA via email? If so, please check the box.

Dates and Times Requested

M T W TH F SA SU

Morning Afternoon Evening

Trainer Preference:

Special Needs/Health Concerns:

Fitness Goals:

How did you hear about Personal Training at the YMCA?

Membership Services: Please give all completed requests to Lucretia Spriggs.



Steps to take to begin your first personal training appointment:

1. Fill out this brochure and bring to the Membership Services desk to begin your registration process.
2. Once registered, your Personal Trainer will contact you to set up your first meeting. Please bring your receipt with you to the first meeting day.

Policies & Procedures

Personal training (PT) sessions that are not rescheduled or canceled at least 24 hours in advance will result in forfeiture of the session and loss of the financial investment at the rate of one session.

Please note the importance of being on time for your training sessions. Clients arriving late will receive the remaining scheduled session time, unless other arrangements been previously made with the trainer.

The expiration policy requires completion of all personal training sessions within one year from the date of purchase. PT sessions are void after this date. PT sessions are transferable to a family member or friend.

I, _____, understand the above personal training policies and procedures of the Hendersonville Family YMCA and agree to abide by these terms.

Signature

Date



We are here to support you in reaching your health and well-being goals!

HENDERSONVILLE FAMILY YMCA
810 WEST 6TH AVENUE
HENDERSONVILLE, NC 28739
828 692 5774

QUESTIONS?
Lucretia Spriggs
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lspriggs@ymcawnc.org

» ymcawnc.org «
YMCA OF WESTERN NORTH CAROLINA



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

REACH YOUR GOALS

Personal Training
HENDERSONVILLE FAMILY YMCA

