

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 on the first meeting day.

Policies & Procedures

Personal Training sessions that are not rescheduled or canceled at least 24 hours in advance will result in forfeiture of the session and a 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 have 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 or friend.

I, _____, understand the above personal training policies and procedures of the YMCA at Mission-Pardee Health Campus and agree to abide by these terms.

Signature

Date



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

YMCA AT MISSION-PARDEE HEALTH CAMPUS

2775 Hendersonville Rd.
Arden, NC 28704
828 552 3600

QUESTIONS?

Chris Fox
828 552 3606
cfox@ymcawnc.org

YMCA OF WESTERN NORTH CAROLINA
ymcawnc.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH YOUR GOALS

PERSONAL TRAINING
YMCA AT MISSION-PARDEE
HEALTH CAMPUS



MEET OUR TRAINERS

Carolina Paredes

- ACE certified in personal training
- Certified AFAA group exercise instructor
- Certified LeBoot, LeBarre, and TRX instructor

Hayley Ibarra

- Group Exercise Instructor
- Lose to Win Facilitator
- Healthy Living Coach
- NETA Personal Trainer Certified

Elizabeth Loop

- NASM Personal Trainer
- Healthy Living Coach

Gena Smith

- AFFA Personal Trainer
- AFAA Group Exercise Instructor
- YMCA Women on Weights Instructor
- LIVESTRONG at the YMCA Instructor
- 15 years experience
- Specializes in integrated strength training, kick-boxing, core, functional fitness, High Intensity Interval Training (HIIT), TRX & PiYo.

Jackaline Stallings (Personal Yoga Trainer)

- Registered Yoga Instructor, 500 hours level, 8 years experience
- CTRS/LRT Certified Therapeutic Recreational Specialist/License
- Recreational Therapist-nationally & State of NC since 1987



Personal Training Rates

# of People	One Session	Three Sessions	Six Sessions	Twelve Sessions
1	\$60	\$175 or \$58/hour	\$330 or \$55/hour	\$600 or \$50/hour
2	\$66 or \$33/hour/per person	\$180 or \$30/hour/per person	\$360 or \$30/hour/per person	\$675 or \$28/hour/per person
3	\$75 or \$25/hour/per person	\$207 or \$23/hour/per person	\$415 or \$23/hour/per person	\$795 or \$22/hour/per person
4	\$88 or \$22/hour/per person	\$240 or \$20/hour/per person	\$480 or \$20/hour/per person	\$915 or \$19/hour/per person
Wellness Package	3 sessions of personal training	3 sessions of nutrition consultations with an RD	\$275 per person	
Jump Start Package	1-30 minute consultation and 2-30 minute PT sessions. (New clients only).		\$85	

Let us help you reach your health and fitness GOALS!



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 Fletcher 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 turn all completed requests into Chris Fox.

