

# YPERSONAL TRAINING™

We build strong kids, strong families, strong communities.

The Licking County Family YMCA Personal Fitness Program offers you the opportunity to work with a certified personal trainer. Whether you are just beginning a new fitness routine or looking to take it to the next level, personal training provides a challenging, educational, and motivational way to succeed.

- Minimum of 3 sessions recommended to establish a program to meet your personal fitness goals.
- Choose one-on-one or partner training.
- Exercise template included to help you begin working out on your own.



## Meet Our Trainers

### Leslie O'Bryan

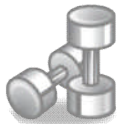
NASM (National Academy of Sports Medicine) certified personal trainer.

Leslie also teaches the Circuit Training and Core Conditioning classes at the WB.

### Coleman Woodruff

ACE (American Council on Exercise) certified personal trainer.

Coleman also provides Wellness Center Orientation weekly at the WB.



My First Training Appointment is: \_\_\_\_\_ at \_\_\_\_\_ am/pm

My Personal Trainer is: \_\_\_\_\_ Contact Info: \_\_\_\_\_



Individual Training sessions are \$30 and can be purchased in groups of 3 or more. Partner Training sessions are \$40 and can be purchased in groups of 3 or more.

Individual Personal Training \_\_\_\_\_ sessions X \$30 = \_\_\_\_\_

Partner Personal Training \_\_\_\_\_ sessions X \$40 = \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Email:** \_\_\_\_\_

I, \_\_\_\_\_, understand all sports/activities have risks, and I hereby waive and release any and all rights and claims for damages I or my heirs, executors and administrators may have against the Licking County Family YMCA, its members or representatives, volunteers, or any sponsor.

Signature \_\_\_\_\_ Date \_\_\_\_\_