



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING SHAPES

## PERSONAL TRAINING PROGRAM SPECIAL

Special Available: May 1<sup>ST</sup> - 31<sup>ST</sup> 2018

Become a better YOU! Personal Training is a specific program designed to meet your individual needs. It includes both personal coaching & one on one instruction throughout the entire workout. Our certified personal trainers will design an individual program that will help you achieve your personal goals! Our trainers are knowledgeable, caring, current and certified! And now with this Spring special you can get into a personal training program for as little as \$16.50 per session.

*(Sessions expire 6 months from purchase)*

### Member:

~~6~~ one hour sessions

~~\$139~~ **\$99**

### Non-Member:

~~6~~ one hour sessions

~~\$185~~ **\$140**



**ADD A BUDDY  
FOR ONLY \$30**

### Meet Your Certified Personal Trainers:

Beth Austin, Jane Box, Candy Fisher, Kayla Eckerman and Lori Miller.

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www.ottumwayymca.com

# OTTUMWA FAMILY YMCA STANDARD PERSONAL TRAINING RATES

## PERSONAL TRAINING

Just you and your trainer, one-on-one

### PRICE GUIDE - 60 min training sessions

Sessions	Member	Non-Member
3	\$99	\$129
5	\$139	\$185
10	\$199	\$260

## BUDDY TRAINING

You, your friends, your goals  
(2-3 people: price per person)

### PRICE GUIDE - 60 min training sessions

Sessions	Member	Non-Member
3	\$85	\$99
5	\$110	\$139
10	\$155	\$180

#### How to get started:

- Purchase the package that's right for you
- Complete personal training questionnaire and return to YMCA
- YMCA staff will contact you to get things started!

#### Important things to know:

- All sessions expire 6 months from date of purchase.
- There are no refunds on personal training sessions.
- You can request a trainer change at anytime.
- Timeliness for your personal training appointment is important. Your session starts at the schedule time and will end 60 mins from that time. Don't short yourself by being late.
- If you need to cancel your session, you must contact the YMCA at least 1 hour before your session starts or you will still be charged.



## Meet Your Trainers:

	<u>Intensity</u>	<u>Specialty Focus</u>
Jane	2-3	Interval Training, Sports, Youth
Lori	2-3	Interval Training & Sports
Kayla	1-3	Youth, Interval Training, Sports & Weight Training
Candy	1-2	Functional Fitness, Yoga, Pilates Reformers, Water, Race Trng
Beth	1-2	Functional Fitness, Pilates Reformers, Water

Intensity Levels: 1=Low / 2=Moderate / 3=High

For more information contact Kathy, Health & Member Service Director at (641) 684-6571 ext. 26