

# **PERSONAL TRAINING**

# **SERVICE**

## **DESCRIPTION:**

Personal trainers are available to help design and implement an individual exercise routine specific to each person's goals. Individual exercise routines can be developed using any combination of cardiovascular, strength, flexibility, balance and coordination training techniques. A personal trainer will help to motivate and inspire their client and design programs to be safe, enjoyable and specific to the client's goals. All YMCA personal trainers have either a college degree in the exercise science field and/or are certified personal trainers through American Council on Exercise (ACE) or American College of Sports Medicine (ACSM). Please contact the Fitness Director/Personal Trainer Coordinator at 304-525-8127 ext. 33 or the Member Services Office at 304-525-8127 for more information.

## **POINTS OF INTEREST:**

- ❖ Exercise routine specific to individuals goals
- ❖ Motivating, inspiring trainers to lead client's to a healthier lifestyle
- ❖ Improvements in fitness, health, quality of life, weight reduction and sense of well being
- ❖ Flexible appointment times
- ❖ Personal training clients MUST be YMCA members
- ❖ Cancellation policy for sessions – less than 6 hours, full cost of session will be charged  
6- 12 hours, one half of session cost will be charged

## **COST OF SERVICES:**

- Rates are \$35.00 per 55 minute session, \$17.50 per 25 minute for a one person session. Each additional person in a session will be an extra \$10 charge.
- Payment must be made in advance, in the Member's service office, payable to the YMCA

## **CONTACT INFORMATION:**

- ❖ Cheryl Justice, Fitness Director, 304-525-8127 ext. 33 or [cherylfatigues2@cs.com](mailto:cherylfatigues2@cs.com), for more information or to schedule a trainer.
- ❖ Please contact our Member Service Office if you need additional information concerning the aerobic program 525-8127 or take a tour of our facilities:

**Huntington YMCA**  
**May Building**  
**935 10<sup>th</sup> Ave**  
**Huntington, WV 25701**  
**(304) 525-8127**  
**[www.huntingtonymca.org](http://www.huntingtonymca.org)**