

HOW IT WORKS

Our nationally certified personal trainers will coach, motivate, and inspire you to reach your goals.

-Rev up your old exercise routine with a new approach to your workout

-Reduce the risk of injury by learning good form and correct technique.

-Stay motivated with personalized coaching.

Free weights, cardiovascular & strength training equipment, and other fitness tools are incorporated to create an individual exercise plan!



TRAINING RATES

Individual Training - 1 Hr. Session

	Members	Community
6 sessions	\$345	\$480
12 sessions	\$685	\$960
18 sessions	\$1030	\$1440

Individual Training - 45 Min. Session

	Members	Community
6 sessions	\$ 270	\$378
12 sessions	\$ 540	\$756
18 sessions	\$772	\$1134

Individual Training - 30 Min. Session

	Members	Community
6 sessions	\$206	\$290
12 sessions	\$412	\$550
18 sessions	\$618	\$865

Train Together (2 people) - 1 Hr. Session

	Members	Community
6 sessions	\$206pp	\$290pp
12 sessions	\$412pp	\$550pp
18 sessions	\$618pp	\$865pp

HEALTH HISTORY

Have you had, or do you presently have any of the following? (Check if yes.)

- | | |
|--|---|
| <input type="checkbox"/> Heart attack | <input type="checkbox"/> Heart disease |
| <input type="checkbox"/> Heart surgery | <input type="checkbox"/> Heart arrhythmia |
| <input type="checkbox"/> Chest pain | <input type="checkbox"/> Pre-diabetes |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> High/low BP |
| <input type="checkbox"/> Edema | <input type="checkbox"/> Kidney disease |
| <input type="checkbox"/> High cholesterol | <input type="checkbox"/> Lung disease |
| <input type="checkbox"/> Seizures | <input type="checkbox"/> Cancer |
| <input type="checkbox"/> Rheumatic fever | <input type="checkbox"/> Recent operation |
| <input type="checkbox"/> Fainting or dizziness | <input type="checkbox"/> Muscle or joint issues |
| <input type="checkbox"/> Pain, discomfort in the chest, neck, jaw, arms | |
| <input type="checkbox"/> Unusual fatigue or shortness of breath at rest or with light activity | |
| <input type="checkbox"/> Temporary loss of clear vision or speech | |
| <input type="checkbox"/> Short term numbness or weakness in one side | |
| <input type="checkbox"/> Shortness of breath while lying down, at night or that comes on suddenly | |
| <input type="checkbox"/> Intermittent claudication (calf cramping) | |
| <input type="checkbox"/> Any other condition or past medical history that would prevent you from being cleared by your primary care physician: | |

Signature: _____ Date: _____

GETTING STARTED

Name _____

Age _____

Phone _____

Email _____

What are your fitness goals:

- General fitness
- Sport specific or performance
- Injury prevention/rehab
- Weight loss
- Strength training
- Balance/mobility/flexibility+
- Other

Have you worked with a personal trainer before? _____

If Yes, how long ago? _____

Circle all that apply:

I would like to train on these days

Mon Tue Wed Thurs Fri Sat Sun

Best time of day:

5:30-8am 8am-12pm 12pm-5pm 5-8pm Other



FAQ

How long is each session?

30 or 60 minute sessions are available for Personal Training, 60 minutes sessions for the Train Together option.

How do I pay for my Personal Training sessions?

Personal Training sessions are purchased with Andrea and paid in advance of the scheduled appointment with a trainer.

How often should I meet with my trainer?

Frequency may vary depending upon your individual needs and trainer's availability.

What if I cancel?

If you must cancel, we require 24 hour notice in advance of a scheduled appointment. Any cancellation must be communicated directly with the trainer. One session will be deducted from your training package unless certain medical reasons prevent you from attending.



HELPING YOU ACHIEVE YOUR GOALS

Whether you're a beginner or veteran, we have the PERSONAL TRAINING program for you.

DANVERS COMMUNITY YMCA