

Interest Form

First Time Client ONLY

Please complete this form and give it to a Welcome Desk staff member. By answering the questions below, our Associate Fitness Director can help match you with a trainer who is right for you.

Date: _____

Name: _____

Age: _____

Cell/Home Phone: _____

Work Phone: _____

Email: _____

Ideal contact method: _____

Tell us a little bit about you:

Goals / objectives for workout sessions: _____

Workout schedule — best days and times to schedule:

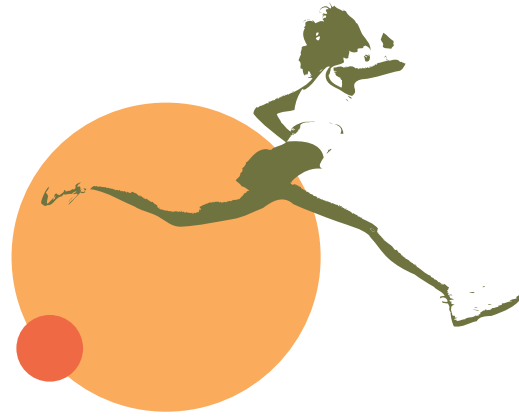
Injuries/health concerns: _____

Trainer preference (if any): _____

Other information we should know? _____

I would like to receive Small Group Personal Training information via email

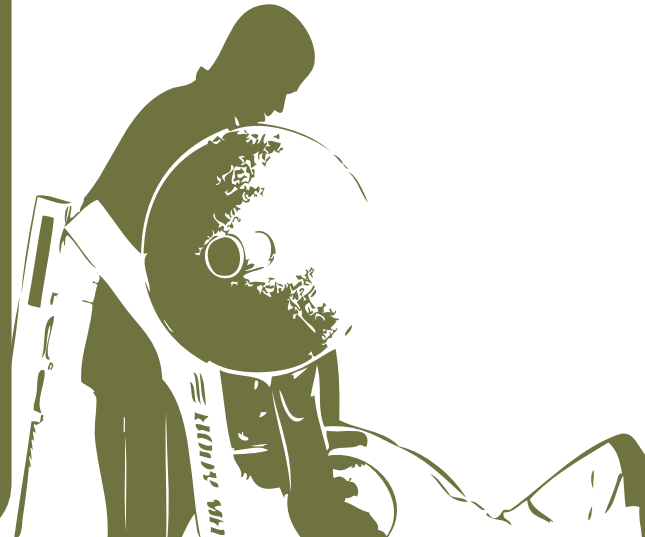
Welcome Desk Staff: Return to Associate Fitness Director mailbox.



Discover the Power of You

At the Y, we know that one size doesn't fit all when it comes to health & wellness. Each one of our members is unique, with individual health concerns and fitness goals. YMCA

Personal Training offers training programs for men and women of all fitness levels from novice to athlete. When you sign up for YMCA Personal Training we will work hard to pair you with the perfect trainer and to create a program that meets your unique fitness needs and goals.



Downtown Berkeley YMCA
2001 Allston Way
Berkeley, CA 94704



Personal Training

Discover the power of you.

Downtown Berkeley YMCA
2001 Allston Way
Berkeley, CA 94704
(510) 848-9622
www.baymca.org

Attain your goals...what ever they may be.

Whether your personal goal is to lose fat, build core strength, and increase flexibility or to gain muscle strength and break through plateaus, Y Personal Trainers can help you achieve it. Our personal trainers can also show you how exercise and movement can improve your day-to-day quality of life. Regular exercise can help reduce stress, manage chronic pain, increase energy and build self-confidence – enabling you to achieve balance in mind, body and spirit. Our personal trainers have worked with members on the following:

- Fat loss
- Building core strength
- Muscle tone and definition
- Muscle strength and size
- Flexibility
- Post-rehab training
- Pre and Post Natal conditioning
- Training to manage Hypertension and Cholesterol
- Body composition analysis
- Increased endurance
- Improve cardiovascular health
- Develop power
- Break through plateaus
- Improve sports performance in marathons, triathlons, etc.
- And much more!



Small Group Personal Training

These fun and enjoyable training sessions provide many of the benefits of one-on-one Personal Training – motivation, encouragement, instruction, and accountability – with the added benefit of social support. Small Group Personal Training offers you the benefits of having your own Personal Trainer at a fraction of the cost! Each small group works towards a similar goal. Participants receive personal attention from the Personal Trainer as well as motivation and support from the other group members.

Want to be the first to know of upcoming workshops? If you would like to receive Small Group Personal Training information by email, simply mark the box on the Personal Training Interest Form to be added to the Small Group Personal Training Distribution Email list.

What you can expect...

With a wide variety of interests and expertise from Yoga and Pilates certifications to martial arts, sports and marathon training, our personal trainers combine the latest trends in exercise with sound fitness advice. All of our personal trainers are certified and will:

- Give you individual attention
- Create custom workouts for your specific goals
- Provide motivation
- Offer fitness advice
- Empower you to exercise on your own
- Provide variety to keep your workouts interesting and challenging
- Give ongoing fitness evaluations
- Work with your existing injuries
- Teach you to have fun exercising
- Provide specific sports training
- Introduce you to new workout routines and the latest techniques
- Help you achieve a new level of health

Our Associate Fitness Director will work with you to select a trainer that is right for you.

**All Personal Trainers are nationally certified. Please see our Personal Trainer bios for more details.*

Yoga or Pilates Personal Training

Looking for individualized training in the area of Yoga or Mat Pilates? Enjoy your Personal Training sessions with a Yoga or Pilates Personal Trainer. Individualized instruction tailored to your personal needs, whether you want to begin your practice, deepen your knowledge, or improve your alignment.

Please contact the Associate Fitness Director for more information on certified Personal Trainers and their style and focus.

Get Started Today!

Our Associate Fitness Director is here to consult with you about your health goals. Fill out an interest form (available at the Welcome Desk) or call (510) 665-3236 to make an appointment to meet with a personal trainer.

Fees

2 sessions	\$135
4 sessions	\$248
8 sessions	\$480
12 sessions	\$699
<hr/>	
55 minute sessions	

Intro to Personal Training* Three 30 minute sessions \$99

**First time Personal Training purchasers only. Limit one package per person.*

Personal Training for Two

The Downtown Berkeley YMCA offers the option of sharing your personal training session with a friend, spouse or partner. Two people can train with a Personal Trainer, allowing the individualized programming and feedback of a one-on-one session but at a reduced cost per participant.

Personal Training for Two Fees

2 sessions	\$170
4 sessions	\$330
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55 minute sessions	

Participants must be at a similar training and fitness level.

You must be an Adult or Teen Full-Service member at the Downtown Berkeley YMCA in order to be eligible for personal training sessions.

Waiver of Liability

First Time Client ONLY

By signing below as a participant, I accept any and all responsibility for, and assume the risk of any and all injury or damage to my person which arises either directly or indirectly as a result of my participations in the YMCA programs, and hereby expressly release, discharge and hold harmless from any liability whatsoever the Downtown Berkeley YMCA Branch, the various branches and subdivision thereof as well as the officers, agents, employees, and servants thereof, in their private and individual capacities as representatives of the YMCA, whether salaried or voluntary, expressly including, but not limited to, the Fitness Council or the YMCA and the individual members thereof.

I have read and understand this agreement.

Date: _____

Name: _____

Signature: _____

YMCA