

Hayes Taylor YMCA

Personal Training and Fitness Assessment

Personal Training

- ❖ \$25 per half hour session or \$50 per hour session
- ❖ Sessions are an hour (can be split in two 30 min sessions)
- ❖ Introductory package-4 ½ hour sessions or 2 hour sessions \$100
- ❖ Super Package-8 ½ hour sessions or 4 hour sessions \$200
- ❖ Ultimate Package- 12 ½ hour sessions or 6 hour sessions \$300

Fitness Evaluation and Consultation

- ❖ YMCA members fitness and evaluation consultation \$25 initially, \$25 per session
- ❖ Non members \$50 initially \$40 per session
- ❖ Fitness evaluation includes body composition, flexibility, strength, endurance, and cardiovascular tests.
- ❖ Fitness consultation includes Bi-monthly workout updates, regularly scheduled meetings with nutritional consulting.



The Burn Boot Camp

- ❖ **Objective:** Help members to achieve target heart rate, lower body fat, increase muscular strength and endurance, improve overall health and fitness performance.
- ❖ **Equipment used:** medicine balls (8lb & 12lb), jump ropes, steps, boxing gloves, trampoline, cones, resistance tubes, exercise balls, stopwatch, tape measure, Dumbbells.
- ❖ **Rooms used:** Cardio room, weight room, Track and Pool

Price \$60

What can I get from boot camp?

1. Increase physical fitness
2. Learn how to train hard
3. Develop motivational skills
4. Ability to push yourself physically and mentally
5. Loads of fun

What is an average session of boot camp?

1. Warm-up and stretch
2. Extreme cardio
3. Functional strength training
4. Core strength
5. Cool-down

-All sessions are 1-hour long unless otherwise noted, and are arranged between the client and the trainer to allow for maximum flexibility

-All sessions will be conducted using YMCA

-We reserve the right to deny services to those that may not be able to exercise safely

-Cancellations must be made 24-hours prior to the start of the appointment and clients will be charged for "no shows!"

-Sessions are non-refundable and non-transferable

-Packages must be used within 1 year of purchase.

For appointments or more info call
Robert Turner 336-272-2131 ext.25