



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Sumter Family YMCA PERSONAL TRAINING RATES AND PACKAGES

	One Session	Four Sessions	Six Sessions	Eight Sessions	Ten Sessions	Twelve Sessions
Individual Training	\$45	\$160	\$225	\$280	\$325	\$360
Rate per hour	\$45	\$40	\$37.50	\$35	\$32.50	\$30
Partner Training	\$55	\$200	\$285	\$360	\$425	\$480
Rate per person	\$27.50	\$25	\$23.75	\$22.50	\$21.25	\$20
Rate per hour	\$55	\$50	\$47.50	\$45	\$42.50	\$40

You can hire the services of a Sumter Family YMCA Personal Trainer by purchasing one of the above listed sessions or package options. Pre-paid package options are discounted and trainers are scheduled in advance, thus these sessions are not refundable without documented evidence of non participation from a physician.

Personal Trainers and Availability

- Regina Carter: Monday-Friday
- Missy Corrigan: Monday-Friday
- Melissa McIntosh: Monday-Friday
- Annabelle Robertson: Monday-Friday



Contact Missy Corrigan to set up your training at mcorrigan@ymcasumter.org or by calling the Sumter Family YMCA at 803.773.1404.



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Dear YMCA member,

Congratulations on making the decision to join our Personal Training Program conducted by one of our nationally certified personal trainers. This is the start of an adventure of fitness and fun! Working with a personal trainer helps take the guesswork out of your exercise routine. Whether you choose one session to set up a program to complete independently, or work with a trainer long term, you will find that our Personal Trainers can make a big difference to your exercise program!

FITNESS ASSESSMENTS

If you plan on having a fitness assessment prior to beginning your workout program, which is highly recommended, please pay the assessment fee of \$25 at the front desk in order to schedule your appointment. You will receive a receipt that is to be given to your trainer at your scheduled meeting. Plan approximately one hour for your assessment, which will include:

1. Resting Heart Rate
2. Blood Pressure
3. Body Composition and/or Circumference Measurements
4. Sub maximal Test for Cardio respiratory Fitness
5. Muscular Strength and Endurance Tests
6. Flexibility Test
7. Please note the following guidelines for testing:
 - Do not eat a large meal for 2 hours prior to testing (this includes caffeine)
 - Do not smoke for 2 hours prior to testing
 - Do not consume alcohol for 24 hours prior to testing
 - Do not exercise the same day prior to testing
 - Be sure to wear appropriate clothing (comfortable athletic wear and tennis shoes)

The results of your assessment are confidential and will be discussed with you only. Your trainer will interpret your results and discuss with you concerns and goals you may have. After your assessment, you may work individually with your personal trainer who will design a program to address your needs and interests.

PERSONAL TRAINING

The cost of personal training for an individual is between \$30 and \$45 per hour session depending on the package you purchase. Even more discounted are the rates for partner training as they are highlighted in the Personal Training Rates & Packages flyer.

NOTES

1. Please be ready at your scheduled time. If you are running late, trainers may only be available to train you for the rest of your scheduled time due to other obligations.
2. You will receive no credit for cancellations without 24 hours advance notice.
3. Payment is due in advance of the first session.
4. Our goal at the YMCA is to help you maintain a healthy balance in your life between spirit, mind and body. We appreciate your interest in your health and look forward to working with you.

If you have additional questions, please contact Missy Corrigan
By phone at 803-773-1404



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Sumter Family YMCA Personal Training Interest & Selection Form

Please be sure to complete this form in its entirety since the information will be used in choosing a trainer to meet your needs. When you are assigned to an appropriate trainer, you will be contacted to schedule an appointment.

NAME: _____

PHONE: _____ Email: _____

Days available for training: Mo Tu We Th Fr Sa Su (please circle all that apply)

Preferred times of the day: 5-8AM 8-11AM 11-2PM 2-5PM 5-8PM (please circle all that apply)

I am interested in (choose one):

A fitness assessment only ____

An assessment and several sessions to get me started on my own ____

Long-term training ____ (If so, how many days per week? ____)

I prefer (choose one):

Female trainer ____

Male trainer ____

No preference ____

By signing below I agree to notify my trainer if I must cancel a scheduled session at least 24 hours in advance or else I will be held responsible for the session.

Participant Signature: _____ Date: _____