



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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# LETS GET STRONGER TOGETHER!

## WITH A FREE YMCA PERSONAL TRAINING DEMO SESSION

We are excited that you have chosen to experience YMCA Personal Training through our demo session. During our Demo Session a Certified Personal Trainer will:

- Introduce you to the YMCA Personal Training Program
- Work with you to explore your fitness goals
- Provide support and motivation throughout your Personal Training Demo Session
- Take you through a personalized exercise session
- Suggest resources, classes and activities that can help to support you in a lifetime of health and fitness

### What to Expect

- Demo Sessions will last 45 minutes
- Wear workout shoes and exercise clothes

**FOR QUESTIONS CONTACT:** Faith Long, Wellness Coordinator at 574.269.9622 X252 or flong@kcymca.org



**INSTRUCTIONS | FILL OUT THE FOLLOWING INFORMATION AND SELECT YOUR DAY, TIME AND TRAINER PREFERENCE. THE YMCA WILL THEN CONTACT YOU TO SCHEDULE YOUR PERSONAL TRAINING DEMO ON THE FIRST AVAILABLE TIME AND DATE YOU SELECTED.**

YOUR NAME \_\_\_\_\_

TRAINER GENDER PREFERENCE \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

WHAT IS THE BEST WAY TO CONTACT YOU? TEXT ( EMAIL / TEXT / CALL )

**SELECT YOUR PREFERRED DEMO SESSION DAY, TIME AND TRAINER (YOU MAY CHOOSE MORE THAN ONE DEMO DAY AND TIME. YOU MUST CHOOSE A DAY AND TIME THAT IS AT LEAST 24 HOURS IN ADVANCE):**

- MONDAY | 8:00 AM | TARA
- TUESDAY | 9:00 AM | MARK
- TUESDAY | 5:00 PM | RACHEL SNOW
- WEDNESDAY | 2:00 PM | RACHEL WATKINS
- THURSDAY | 4:00 PM | ISABELLE
- FRIDAY | 9:00 AM | MEGAN
- SATURDAY | 9:15 AM | PERSONAL TRAINER ROTATION