



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 | 1:00 PM WITH LARRY DIXON (DEMO ONLY)
- MONDAY | 4:15 PM WITH LAUREN FREDERICK
- TUESDAY | 1:30 PM WITH JOSH OGDEN
- WEDNESDAY | 7:30 AM WITH JO PALLADINO
- THURSDAY | 5:00 PM WITH DYLAN WHITFORD
- FRIDAY | 1:00 PM WITH ANDREW FRISCHMAN
- SATURDAY | 9:15 AM PERSONAL TRAINER ROTATION