

PERSONAL TRAINING AREAS OF EXPERTISE

Programs can be designed to meet your goals in fitness including, but not limited to:

- Weight Loss
- Post Rehabilitation
- Sport Specific
- Physical Limitations
- Pre and Post Natal
- Clinical Exercise
- Yoga
- Pilates

For more information please contact:
Laura Cobb, Association Health and Wellness
Director at Lcobb@ymcacnm.org



YMCA OF CENTRAL NM
505-292-2298
505-265-6971
www.YMCACNM.org

FREQUENTLY ASKED QUESTIONS:

How long is each session?

Individual, Small Group and Yoga training sessions are one hour in length.

How do I pay for my sessions?

Each appointment must be paid for in advance. Please pay at the membership desk and bring a receipt to your session.

What if I'm late?

Trainers will wait up to 15 minutes for a late client. However even if a session begins late, it will end at the scheduled time and no discount will be offered.

YMCA OF CENTRAL NM CANCELLATION POLICY

Your appointment is valuable; it is reserved for you and you alone. Therefore we ask that you provide at least 24 hours notice for a cancellation. Members who provide less than a 24 hour notice will be charged for their session. To cancel an appointment, please contact your trainer directly or call the YMCA Membership desk at 505-265-6971 (Horn Branch) or 505-292-2298 (McLeod Branch).

EXPIRATION POLICY

All personal training sessions must be completed within 12 months of the date of purchase.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE YOUR BEST SELF

PERSONAL TRAINING

YMCA OF CENTRAL NM



PERSONAL TRAINING

Receive individual attention, guidance and motivation from your certified and or degreed personal trainer to ensure success in reaching your fitness goals. After an initial consultation with your trainer regarding your specific fitness goals a safe and effective program will be designed just for you!

Member Fee:

One session: \$50

Four Sessions: \$184 (\$46/session)

Eight Sessions: \$336 (\$42/session)

Twelve Sessions: \$456 (\$38/session)

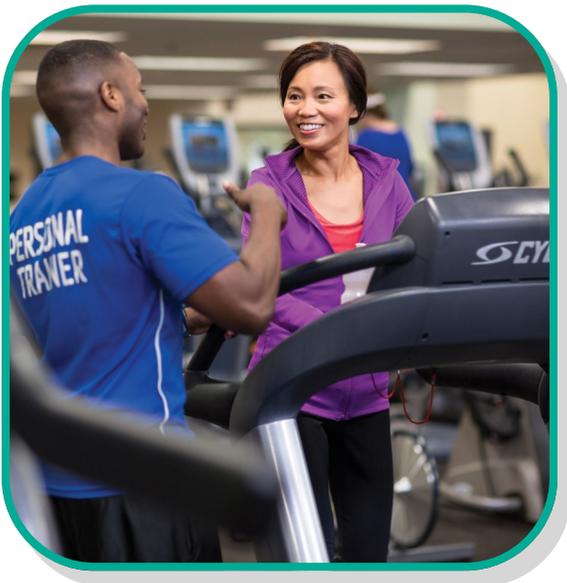
Non Member Fee:

One session: \$60

Four Sessions: \$224 (\$56/session)

Eight Sessions: \$416 (\$52/session)

Twelve Sessions: \$576 (\$48/session)



HOW WILL A PERSONAL TRAINER HELP ME?

A personal trainer can provide you with the individualized attention, guidance and motivation to help you meet your fitness goals. The YMCA of Central New Mexico has a diverse and experienced team of professional trainers to meet your specific objectives.

Whether you are just starting a fitness program, are an athlete who seeks sport-specific training, the Y has a trainer who can meet your needs. Each session will help you reach your personal best!

SMALL GROUP TRAINING

Train with your friends and have some fun! Work out together while motivating one another in a small group setting. An initial commitment of four sessions is required. The same fee will be charged even if one person is missing from the group session. Small Group Training is for groups of 3-5 people.

Member Fee: 4 Sessions: \$264

Non-Member Fee: 4 session \$304

BODY COMPOSITION ANALYSIS

Determine your body fat percentage with a Body Composition Analysis from a Certified Personal Trainer. One of the best ways to measure health gains is by monitoring your body fat percentage. Muscle is more dense than fat so the scale can be misleading. Your body fat analysis gives more accurate results in terms of your progress and overall wellness. 7 site Skinfold Caliper measure used.

Member Fee: \$25

Non-Member Fee: \$35

PRIVATE YOGA OR PILATES SESSIONS

Work one-on-one with a certified Yoga or Pilates trainer to boost core strength, increase range of motion, enhance posture, and gain flexibility.

Sessions focus on core awareness, poses, and exercises that promote strength and balance in your specific Yoga and Pilates needs.



Member Fee: \$50

Non-Member Fee: \$60



FITNESS ASSESSMENT

A fitness assessment is a valuable tool to use for assessing your current fitness levels and providing an accurate gauge of your training needs. Testing includes measures of circumference, body fat, cardiorespiratory fitness, flexibility, and muscular strength and endurance.

Member Fee: \$35

Non-Member Fee: \$50