

## THE BENEFITS OF HIRING A PERSONAL TRAINER

- ⇒ Facilitates realistic goals
- ⇒ Develops a plan to achieve the goals
- ⇒ Personalizes a program to your needs
- ⇒ Provides motivation
- ⇒ Helps you de-stress and focus
- ⇒ Advises through the latest media hype or report
- ⇒ Helps balance exercise with everyday life
- ⇒ Holds you accountable to your progress
- ⇒ Teaches and supports healthy lifestyle behaviors
- ⇒ Guides you on your journey to wellness
- ⇒ Advocates healthy eating behaviors and choices



  
**Organization**



**YMCA**

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*For Youth Development  
For Healthy Living  
For Social Responsibility*

## YMCA Personal Training



Auburn—Lewiston YMCA

# Y Personal Training is about YOU!

The YMCA is now offering Personal Training for members.

This program offers you the opportunity to work one on one with a qualified professional who will guide you through each workout as well as assist you in reaching your wellness goals.

You may work with one of several personal trainers, all of whom come with a great deal of experience, qualifications, and are all certified.

This brochure should answer many of your questions about the program.

If you are interested or would like more information please see or call Rachel at the YMCA (795-4095) or email at: [rdoane@alymca.org](mailto:rdoane@alymca.org)

*We are here for you!*

*Let's Get Started!*

## *How do I get started?*

First, read over this brochure including the training flyer. If you are interested in working with one of the trainers please contact Rachel at the Y via phone: 795-4095 or email: [rdoane@alymca.org](mailto:rdoane@alymca.org).

## *What are the qualifications of the Personal Trainers?*

All of our trainers have their own specialties which make them more able to help you reach your goals. They have specific certifications and many years of experience with success in their field.

## *When can I work out with my trainer?*

You and your trainer can use the YMCA facility any time during normal hours of operation which are  
Monday-Friday 5:30 am to 8:30 pm and  
Saturday and Sunday 7:00 am to 2:00 pm.

## *Do I need to be a member of the YMCA?*

Yes, we require you to be a member to work with a trainer.

## *What is the fee?*

We offer a few different services when it comes to training. Please see the flyer for full details.

## *What do I need to consider when selecting a Personal Trainer?*

- Can the trainer help you set realistic goals and assist you in reaching them safely?
- Do you and the trainer have similar schedules?
- What are you interested in achieving?

## *What are some questions I should ask my prospective trainer?*

- How often will we meet?
- What will a typical session be like?
- How long do your clients typically remain with you?
- Can you work around my injury?

## *Once you say YES to wanting a trainer...*

- Contact Rachel to express your interest and discuss options.
- Rachel will get in touch with the trainer to forward along your information to them.
- The trainer will be in touch with you.
- Schedule all appointments including re-schedules or cancellations directly with your Personal Trainer.
- Remember to follow all YMCA policies and procedures.

