

# PERSONAL Training



Experience personalized training sessions with one-on-one coaching from skilled trainers who focus on your goals and pace. You'll have targeted workouts, expert advice, and a tailored plan to enhance motivation and efficiency, helping you achieve your fitness objectives.

## NUTRITION COACHING

Nutrition is essential for health and fitness. The Baker County YMCA offers customized nutrition coaching to enhance workouts, focusing on macronutrients (proteins, fats, carbs). This 8-week program includes certified coaching, personalized macro plans, weekly check-ins, and tailored adjustments. **Cost: \$110**

## PRICING

Sessions	Price per Session	Pricing
1		\$55.00
4	\$50.00	\$200.00
8	\$45.00	\$360.00
12	\$40.00	\$480.00



### James (Personal Trainer)

A dedicated personal trainer and natural professional men's physique competitor, he brings discipline, focus and consistency to every training session. He will help you build strength, confidence, and sustainable habits.



### Quincey (Corrective Exercise Specialist & Personal Trainer)

Quincey, a corrective exercise specialist, focuses on identifying and addressing abnormal movement patterns, muscle imbalances, and postural concerns in clients by creating tailored exercise programs.

### Justine (Personal Trainer & Nutrition Coach)

A certified personal trainer and nutrition coach with a background in health and fitness. She has a passion for a functional fitness training and believes in training for life. Her experience spans all fitness levels from post-partum mothers to competitive athletes.



## TRAINERS

# PERSONAL Training



NAME: \_\_\_\_\_ DATE FILLED OUT: \_\_/\_\_/\_\_

PHONE NUMBER: \_\_\_\_\_ EMAIL: \_\_\_\_\_

INTERESTED IN (CIRCLE ONE):    PERSONAL TRAINING    NUTRITION COACHING    CORRECTIVE EXERCISE

REQUESTED TRAINING TIME (PER TRAINER AVAILABILITY): \_\_\_\_\_

OTHER COMMENT/REQUESTS: \_\_\_\_\_

## I'VE READ AND UNDERSTOOD THE FOLLOWING:

Physical exercise can be strenuous and subject to risk of serious injury. You are urged to obtain a physical examination from a doctor before participating in any exercise activity. You agree that if you engage in any physical exercise or activity, you do so entirely at your own risk. Any recommendations for changes in diet including the use of food supplements and weight reduction products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and assume all risks of injury, illness or death. This release of liability includes, without limitation, all injuries which may occur as a result of: (a) your participation in any activity or personal training session and (b) instruction, training, supervision, or dietary recommendations by your personal trainer. You acknowledge that you have read this waiver and fully understand that it is a release of liability. You expressly agree to release and discharge your Personal Trainer and the Baker County YMCA from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against your Trainer and Baker County YMCA for personal injury or property damage.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

## FOR EMPLOYEES TO FILL OUT

NUMBER OF SESSIONS PURCHASED: \_\_\_\_\_

TOTAL BALANCE PAID: \_\_\_\_\_

DATE PAID: \_\_\_\_\_ EMPLOYEE INITIAL: \_\_\_\_\_