

# What to Expect During Sessions

Your first session will include a free 15 - 20 minute assessment to discuss goals and any specific injuries you may have.

Our professional trainers will create a personalized exercise program designed to meet your needs and goals, while maximizing your workouts by teaching you proper form.

The trainers will use a variety of activities and exercises to keep you motivated and engaged. Our trainers can help you with weight loss, strength training, injury prevention, post rehabilitation, nutrition, and more.

## Meet our Certified Trainers



### Lara Davis Barnett

Lara is a NASM Certified Personal Trainer, Group Ex & Yoga Instructor, with Perinatal and Fitness Nutrition specializations.



### Allen Bonnett

Allen is a NASM Certified Personal Trainer with 20 years experience in weight training. He specializes in strength and hypertrophy.



### Daniel Matthews

Daniel is a NASM Certified Personal Trainer & Group Ex Instructor. He specializes in working with teenagers, functional fitness, and strength.



### Abby Clester

Abby is an ISSA Certified Personal Trainer, Group Ex and Yoga Instructor, with a specialization in Pre and Post Natal fitness as well as seniors.

### Andrew Mcelvy

Andrew is an Active Certified Personal Trainer, and has specialties in Corrective Exercise, Performance Enhancement and holds an advanced Nutrition Certification



# Rates

## FACILITY MEMBERS INDIVIDUAL TRAINING

30 MINUTES

\_\_\_ \$35 1x    \_\_\_ \$180 6x

60 MINUTES

\_\_\_ \$55 1x    \_\_\_ \$280 6x

## PARTNER TRAINING

30 MINUTES

\_\_\_ \$55 1x    \_\_\_ \$300 6x

60 MINUTES

\_\_\_ \$85 1x    \_\_\_ \$480 6x

## COMMUNITY MEMBERS INDIVIDUAL TRAINING

30 MINUTES

\_\_\_ \$50 1x    \_\_\_ \$270 6x

60 MINUTES

\_\_\_ \$75 1x    \_\_\_ \$400 6x

## PARTNER TRAINING

30 MINUTES

\_\_\_ \$85 1x    \_\_\_ \$480 6x

60 MINUTES

\_\_\_ \$125 1x    \_\_\_ \$720 6x

## SMALL GROUP TRAINING 60 MINUTES

\_\_\_ \$90    1 Session

\_\_\_ \$510    6 Sessions

\_\_\_ \$1000    12 Sessions

\*Max 8 participants; extra fee for the 7th & 8th participant

# Registration

Name: \_\_\_\_\_

Phone#: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Male / Female      DOB: \_\_\_\_\_

Email: \_\_\_\_\_

Do you have a trainer preference?

\_\_\_ Andrew      \_\_\_ Lara      \_\_\_ Abby

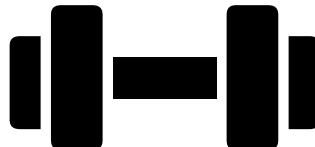
\_\_\_ Daniel      \_\_\_ No Preference

\_\_\_ Allen

I hereby agree for myself, my child(ren), my heirs, executors & administrators, to indemnify, defend & hold the Shasta Family YMCA and its officers, directors, board members, employees, volunteers, agents, independent contractors & other participants in the program, harmless from any & all liability/ claims with respect to any bodily or personal injury/illness, including death, or property damage which may occur to my- self or my child(ren) or may be aggravated by participating in a Y program. I take full responsibility for my welfare & safety, & my minor children, during Shasta Family YMCA activities. I know that activities should only be engaged in by those in good health. I should consult a physician before enrolling in a Y program. I understand the Shasta Family YMCA carries no medical insurance, & it is expected that I have health insurance to cover any injuries/ losses. In case of accident or illness, the Shasta Family YMCA has permission to secure the necessary medical attention if unable to contact me or if I am unable to give conscious permission. I, individually, & on behalf of any minor children, hereby release the Shasta Family YMCA from any claim which may arise as a result of any first aid treatment or assistance provided to me with any injury that arises from participating in any Y activity.

\_\_\_ I consent to be photographed & allow the YMCA to use photos taken of me and/or my minor children for promotional purposes.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONGER TOGETHER Personal Training at the Y

Personal Training is for  
**EVERYONE!**

