

ENJOY YOUR PERSONAL TRAINING!

- * **Before the session**, update your personal trainer with accurate health information, share your expectations, and discuss your training goals.
- * Your **initial session** will consist of an evaluation and testing of your baseline fitness. Your trainer will make sure you go through a systematic progression to help reach your goals.
- * Your personal trainer will enhance your traditional workout regimen by taking you through an array of exercises and training methods. *If you had or have any cardiovascular/respiratory conditions or injuries please make the trainer aware upon the initial consultation.*
- * As personal trainers here at the LIC YMCA we go beyond the “meet and greet”. We build relationships with our clients.
- * Report any discomfort you experience during the training session, whether it’s physical or has something to do with the environment.
- * Provide your personal trainer with **feedback** during the training session such as the intensity, exercise preferences or dislikes.
- * Discuss any **apprehensions** you have about personal training with your trainer. Your trainer is a professional who is dedicated to the profession.
- * Remember, **the benefits of personal training are cumulative**. Meeting with a trainer on a consistent schedule will provide the greatest results in reaching your fitness and health goals.



**TO BOOK YOUR APPOINTMENT, PLEASE
VISIT THE FRONT DESK.**

32-23 Queens Boulevard
Long Island City, NY 11101
718-392-7932
For more info E-mail:
DAVID at dzhan@ymcanyc.org

January 2017



PERSONAL TRAINING

Long Island City
YMCA
718-392-7932

New York City's YMCA
WE'RE HERE FOR GOOD.™

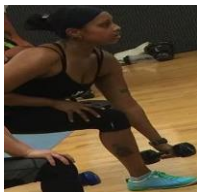


What is PERSONAL TRAINING?

Personal Training provides instruction on how to effectively and efficiently get the most out of your workout to achieve optimal results in a safe and knowledgeable environment. Gain strength, endurance, balance and flexibility from a fitness professional that is experienced in designing a specific program catering to your goals. Not only will you get the results you are seeking, you will feel more energized, motivated and have greater self-confidence.

Meet Our Trainers

Dinae



Whether its weight loss, strength, or simply maintaining a healthy fit lifestyle, I offer different methods of training to help you reach your fitness goals.

Kenny



I make sure all my clients achieve their personal results quickly. I also specialize in track in field and can offer a variety of programs for any individual based on their goals.

Godfrey



I create programs for all clients specializing in strength and condition, weight loss, or just improving their everyday quality of life..

Kathleen



I have many years of experience in martial arts and have worked with clients of all fitness levels.

SAVE money with packages.
Larger packages equals bigger savings!

MEMBER PRICING BRONZE (1 SESSION)

Private: \$70

NON-MEMBER PRICING BRONZE (1 SESSION)

Private: \$85

SILVER (5 SESSIONS)

Private: \$ 335

SILVER (5 SESSIONS)

Private: \$400

GOLD (10 SESSIONS)

Private: \$650

GOLD (10 SESSIONS)

Private: \$725

PLATINUM (20 SESSIONS)

Private: \$1000

PLATINUM (20 SESSIONS)

Private: \$1100

TRX Suspension System Available

3-D Training that works with your body in different planes targeting the entire body. Great for sports training, conditioning, flexibility, and overall strength builder



David

I design programs for my clients based on safety to ensure the right exercise program for all my clients to obtain efficient results. I am also amateur boxer registered through USA Boxing and can teach the basics of boxing.

APPOINTMENTS:

Please call 212-912-2566 or email dzhan@ymcany.org to schedule your personal training appointment. We encourage clients to meet with a trainer atleast two sessions a week.

Please call 718-392-7932

Or visit the front desk.

CANCELLATIONS:

We require at least 24 hours notice for cancellations of appointments. No refunds for missed appointments.

Single sessions must be used within one month of purchase. Packages of 5 or more will expire after 12 months from date of purchase.

ALL TRAINERS HAVE NATIONALLY ACCREDITED CERTIFICATION THROUGH THE FOLLOWING:



**AMERICAN COLLEGE
of SPORTS MEDICINE**



"Promotes and integrates scientific research, education and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health and quality of life".

-ACSM

"Everything we do is focused on Excellence, Innovation and Results"

-NASM

"Individuals are all in pursuit of achieving a common goal—the utilization of proper strength training and conditioning to improve athletic performance and fitness".

-NSCA

"Delivers comprehensive cognitive and practical education for fitness professionals, grounded in industry research, using both traditional and innovative modalities"

-AFAA