



PERSONAL TRAINING MONTHLY PLAN

PERSONAL TRAINING DRAFT

Resist the risk of aimless workouts with professionally structured routines to burn fat, build endurance, surge strength, and be better! Your health is the greatest investment you'll ever have, and professionally certified YMCA Personal Trainers will create customized workouts targeted at achieving your fitness goals. Worried about time? Choose between 30-min. or 60-min. sessions. Concerned about expenses? Your body isn't; choose between packages or **our most affordable option, monthly Personal Training Monthly Plan rates!** Empower your journey to health with Y Personal Trainers today!

| PER MONTH | 30 MINUTES | 60 MINUTES |
|--------------------|------------------------|------------------------|
| 12 sessions | \$312 \$26 per session | \$624 \$52 per session |
| 8 sessions | \$216 \$27 per session | \$432 \$54 per session |
| 4 sessions | \$112 \$28 per session | \$224 \$56 per session |

Personal Training Monthly Plan sessions save as much as \$8 per session!

What is the Personal Training Monthly Plan Program?

A simple, easy way to pay monthly for personal training sessions to help keep you on track with your fitness goals and to ensure that you have the lowest rate possible. Save money and stay on track with your fitness goals!

Benefits of monthly?

Say goodbye to higher-rate, larger-cost packages! Your body benefits best when you're in a consistent routine improving it regularly. This Personal Training option spreads the payments out monthly ensuring long term progress towards your goals – and guaranteeing the lowest rate possible!

Who is eligible to take advantage of these savings?

All Full Facility Draft members, 12 years and older, in good-standing of the Hunterdon County YMCA.

What do I need to know to participate in the Personal Training Monthly Plan?

- Select 4 (1x per week), 8 (2x per week), or 12 (3x per week) monthly sessions with a Personal Trainer.
- Select your preferred 30-min. or 60-min training timeslot.
- Personal Training Draft Authorization Agreement must be completed prior to performing your first personal training session.
- Your exclusive Personal Training Monthly Plan rate will occur on the same date as your regularly monthly membership draft date of the 1st or 15th of the month.
- Sign-ups for this program may occur at any time during the month, as your first month is prorated to how many sessions you will enjoy before your next scheduled draft date.
- Additional single sessions can be purchased in times of need for extra sessions. They will be honored at the current Price Per Session rate of your plan.

What if I have to miss a session(s)?

In the event that you cannot meet for a scheduled session, **24-hour advanced notice must be given to the Personal Trainer**, otherwise the session will be accounted for as performed. You may certainly, and we highly encourage you, to reschedule your makeup session(s) at any point throughout the current month to ensure you take advantage of your total Sessions Per Month allotment! Miss one this week due to travel, illness, or any other reason? Make it up next week and before your next draft!

Can I Freeze or cancel my participation in the Personal Training Monthly Plan program?

Like everything at your Y, you control what works for you! Consistent with your Membership, you may Freeze your Personal Training Monthly Plan for up to 4 months per calendar year at \$10 per month. All Freezes will begin at your next scheduled Draft Date. To cancel your Personal Training Draft, all cancellations require one final draft upon providing notice, to which you will be able to Personal Train during your last draft period. All Personal Training Draft changes – Freezes and cancellations – may be performed by completing an Account Change Form at the Welcome Center.

How Do I Get Started?

Call Carmen at **908.782.1044 x 4919** or by email at cfarrand@hcymca.org.