



YHEALTH & FITNESS™

PERSONAL TRAINING

Looking to get more results from your workout? Try Personal Training! The YMCA of Southern Indiana has a staff of qualified trainers eager to help you meet your fitness goals. Whether you want to lose weight, build muscle, or keep up with the grandkids, our trainers can help you reach your goal.

We can tailor to your specific fitness goals!

FEES:

YMCA members only

3 one-hour sessions: \$100
(Fitness Test included)

6 one-hour sessions: \$190
(Fitness Test included)

12 one-hour sessions: \$370
(Fitness Test included)

Fitness Test Only: \$15



SOUTHERN INDIANA

Floyd County Branch
33 State Street
New Albany, IN 47150

Clark County Branch
4812 Hamburg Pike
Jeffersonville, IN 47130

(812) 283-9622
www.ymcasi.org



Personal Training Packet

Request a Personal Training Packet from the Front Desk. After completing, return it along with your payment. All personal training sessions are non-refundable.

Choose Your Trainer

Please see our Personal Training Packet which contains biographies of all our trainers. Select the trainer whose experience and interests best suit you. We will do our best to meet your trainer request.



Free Fitness Test and Consultation Included

The Fitness Test provides a sound evaluation of your current fitness level and how your workout program should be focused. The trainer will guide you through a series of tests to determine your body composition, flexibility, cardiorespiratory fitness, muscle strength and endurance.

If you are interested in a fitness test only, for \$15, please fill out your name and phone number below, turn it in to the front desk, and we will contact you to schedule a time. Payment will be taken at the time of the test.

Name: _____

Phone Number: _____

