



PERSONAL WELLNESS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Commit to be Fit

Take advantage of our **FREE** service designed for new and current members unsure of how to begin an exercise program. Build confidence in your daily workouts with tracking tools and education provided by your Wellness Attendant.

- Individual appointments with a YMCA Wellness Attendant
- Instruction on the proper use of cardio and resistance training equipment
- Helpful information and directions to provide you with safe, fun and challenging workouts including; stretching, area specific exercises and tracking forms to get you on the road to a healthy lifestyle.
- Orientation on proper use of fitness equipment
- Optional Fitness Assessment (can include one or more of the following; blood pressure, body composition, flexibility, cardiovascular endurance & muscular strength and endurance)
- Have the additional benefit of **Engagement, Accountability, Support and Encouragement** from all Wellness Staff as you begin a new journey.

Personal Training

Your Personal Trainer will assist you with motivation, challenge, change, safety and accountability or get answers to your questions about fad diets, supplements, disease prevention and more.

Take these steps to hire your Personal Trainer:

1. Complete the registration form
2. Pay for your sessions at the Welcome Center
3. You will receive a confirmation phone call
4. Your Personal Trainer will contact you to schedule your sessions.

Rescheduling

Appointments may be rescheduled no less than 24-hours before the scheduled session. Payment is required for missed sessions, or notice of cancellation less than 24-hours prior to the scheduled session. Our trainers will wait 10-minutes after scheduled appointment before this policy goes in to effect.

Payments

All payments are made at our Welcome Center. All sessions must be used within one year of purchase. All unused sessions after that date are automatically forfeited without further notice to you, the client. No refunds are given for unused or prepaid sessions.

1 SESSION	\$50
3 SESSIONS	\$133
5 SESSIONS	\$215
12 SESSIONS	\$483
24 SESSIONS	\$926

**Pair Training:
(2 people)
\$70/session**

Women On Weights

Four week program designed specifically for women!

This small group will focus on strength and conditioning training based around our strength machines and free weights. Includes customized workout programs and proper lifting techniques guided by your personal trainer.

Women's Weight Training Myths:

- #1 - Weight training makes you bulky and masculine.
- #2 - Weight training turns fat into muscle.
- #3 - Women only need to do cardio and if they decide to lift weights, they should be very light.
Is there any truth to these??? Join us and find out!!!

**CLASS TIMES:
Tues and Thur
9:00am - 10:00am**

**8 SESSIONS
Members \$70**

Sept 6th - Sept 29th

SOUTHEAST / ARMED SERVICES YMCA

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Personal Wellness Registration Form

Name: _____ Email: _____

Phone: Home: _____ Work: _____ Cell: _____

Circle **YES** or **NO** to each of the questions below

YES	NO	1. Has a physician ever said you have a heart condition and you should only do physical activity recommended by a physician?
YES	NO	2. When you do physical activity, do you feel pain in your chest?
YES	NO	3. Have you had chest pain in the last month when you were not doing physical activity?
YES	NO	4. Do you ever lose your consciousness or do you lose your balance because of dizziness?
YES	NO	5. Do you have a joint or bone problem that may be made worse by a change in your physical activity?
YES	NO	6. Is a physician currently prescribing medications for your blood pressure or heart condition?
YES	NO	7. Are you pregnant?
YES	NO	8. Do you have insulin dependent diabetes?
YES	NO	9. Are you 69 years of age or older?
YES	NO	Do you know of any reason you should not exercise or increase your physical activity?

If you answered **YES** to any of the questions above, our Wellness staff will provide you with a medical clearance form for you to take to your physician for approval. Please bring the approved medical clearance form along with this registration form back to the Fitness Center to schedule your appointment.

INFORMED COSENT and WAIVER of LIABILITY:

I have read, understood, and completed this questionnaire and answered in a truthful manner to the best of my knowledge. I am in good health and capable of participating in the YMCA Wellness program. I understand the potential risks of injury and agree to assume responsibility for any medical expense associated with any injury incidental to the program. I do further release, absolve, and Indemnify and hold harmless, the YMCA of the Pikes Peak Region, and/ or any of the employees, volunteers, agents, insurers, or any other person associated with any or all of them, from and against any claims, demands liability, cost of suits, damages, loss and/ or judgments arising out of participation. In the Event I cannot be reached in an emergency, I authorize YMCA staff to seek emergency assistance at my expense.

Signature: _____ Date: _____

Commit to be Fit Personal Training WOW Staff Initials _____
Assessment Y or N Sessions Purchased: _____ Weight Orien. Date: _____

Our mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.