



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

DO MORE, BE MORE

PERSONAL TRAINING

GARDEN CITY FAMILY YMCA

Whether you are just starting to exercise or are a well-conditioned athlete, working one-on-one with a personal trainer will help you target and achieve your fitness goals! Our trainers will set up an initial consultation with you, then customize your workout to best suit your needs and goals. Sign up today! For members and non-members! All prices shown are member prices. Prices double for non-members.

Individual Fees:

1 Session	\$30 each
2-10 Sessions	\$25 each
11 or more	\$20 each

Ask about our Helping Hands Scholarship Program!



Group Fee (3+): session prices are per person

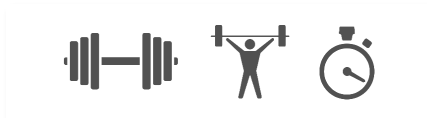
1 Session	\$25/each person
2 to 10 Sessions	\$20/each person
11 or more	\$15/each person

*Non-member prices are double the listed price

Location: The Dome

Days/Times: By appointment

Questions: Stacy Castoe
 Dome & Healthy Initiatives Director
 (P) 620.275.1199 ext. 101
 (E) scastoe@ymcaswkansas.org



Trainers:

Steven Lynch:

B.S. Human and Health Performance, Sport and Recreation Management
 NETA Certified Personal Trainer
 NETA Certified in Prenatal and Postpartum Exercise

Manuel Guzman:

NETA Certified Personal Trainer
 NETA Certified Nutritionist

George Caine:

BSE in Education Missouri Southern
 K-12 Physical Education
 MS in School Administration
 Strength & Quickness Instructor, Clemson University

Please specify preferred days and times for sessions. We will do our best to fit your schedule, but cannot guarantee availability.

JOIN TODAY!

Upgrade to a membership today as a participant

NO CHARGE!

Save over \$100!

Already a member? Recruit a friend & pay much less. Get details at signup.

Personal Training Registration Form

Trainer (Circle One): Steven Manuel George

NAME: _____ ADDRESS: _____

D.O.B. _____ HOME PHONE: _____

CELL PHONE: _____ E-MAIL: _____ SESSIONS: _____

EMERGENCY CONTACT: _____ EMERGENCY CONTACT #: _____

PARENT (IF UNDER 18) _____ PHONE: _____