



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 below are member prices.

**Individual Fees:**

|               |              |
|---------------|--------------|
| 1 Session     | \$30/session |
| 2-10 Sessions | \$25/session |
| 11 or more    | \$20/session |

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

|               |                     |
|---------------|---------------------|
| 1 Session     | \$25/session/person |
| 2-10 Sessions | \$20/session/person |
| 11+ Sessions  | \$15/session/person |

**\*Non-member prices are double the listed price above**

**Location:**

The Dome or YMCA

**Questions:**

Stacy Castoe, Dome & Operations 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

**Brandon Pugh:**

NASM Certified Personal Trainer  
NASM Certified Nutritional Coach

**Jesse Nunez:**

8 years Experienced wrestling coach  
*Pending NETA Certified Personal Trainer*

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

**STOP BY OUR REJUVENATION STATION TO  
RELAX, REVIVE & RESET**

*Ask about our **NEW** State of the art Technology  
**CRYOTHERAPY***

Personal Training Registration Form

**Trainer (Circle One):**     **Steven**             **Jesse**             **Brandon**

**NAME:** \_\_\_\_\_ **ADDRESS:** \_\_\_\_\_

**D.O.B.** \_\_\_\_\_ **HOME PHONE:** \_\_\_\_\_ **CELL PHONE:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_ **SESSIONS:** \_\_\_\_\_

**EMERGENCY CONTACT:** \_\_\_\_\_ **CONTACT #:** \_\_\_\_\_

**PARENT (IF UNDER 18)** \_\_\_\_\_ **PHONE:(     )** \_\_\_\_\_