



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

Bradford County Branch YMCA

Services:

Fitness Assessment - An assessment of your current fitness level that includes cardiovascular endurance, muscular strength and endurance, body composition, flexibility, balance and resting heart rate. Assessments are performed by a certified Personal Trainer, who will also discuss your goals and help you formulate a plan to reach them.

Personal Training - Whether you are just starting out or are an experienced exerciser, our certified Personal Trainers will design a personalized program and motivate you to achieve your individual fitness goals. Personal Training includes initial consultation with Fitness Assessment, workout plan design and basic nutrition guidance based on client's goals and needs by a certified trainer.

LIVESTRONG at the YMCA - A no-cost 12-week group training program for adult cancer survivors designed to increase strength, endurance, balance and stamina both during or after treatment. Functional movements are emphasised to aid in activities of daily living for participants. Nutrition and relaxation topics are also covered.

YMCA Restore - You train like an athlete, now it's time to recover like an athlete. Restore combines active myofascial release and assisted stretching by a certified personal trainer with additional certifications to remove fascial restrictions, elongate muscles and improve mobility.

Contact us to schedule an appointment or more details:

Bradford County YMCA

9 College Ave., Towanda, PA 18848

Ph# 570-268-9622

RachelT@rvrymca.org



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PERSONAL TRAINING PACKAGES

Bradford County Branch YMCA

SINGLE SESSIONS

30 min. - \$30 member / \$35 potential member

45 min. - 35 member / \$40 potential member

1 Hour - \$40 member / \$45 potential member

BULK PACKAGES

Purchase 6 sessions - Get 1 session free

30 min. - \$180 member / \$210 potential member

45 min. - \$210 member / \$240 potential member

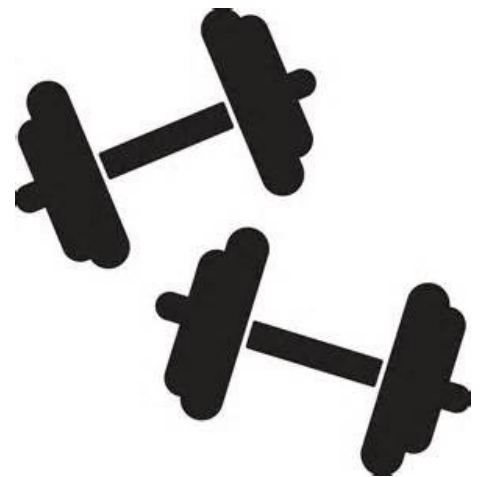
1 Hour - \$240 member / \$270 potential member

Purchase 10 sessions - Get 2 sessions free

30 min. - \$300 member / \$350 potential member

45 min. - \$350 member / \$400 potential member

1 Hour - \$400 member / \$450 potential member



Return this form to the Welcome Desk and the Wellness Director will contact you.

Name _____

Email _____

Phone _____

Note - Unused sessions expire after 1 year