



# YOUR RECIPE FOR SUCCESS

PERSONAL TRAINING  
YMCA OF GREATER NASHUA



**YMCA OF GREATER NASHUA**  
Nashua Branch 603.882.2011  
Merrimack Branch 603.881.7778  
Westwood Park Branch 603.402.2258  
[www.nmymca.org](http://www.nmymca.org)

Sept 2019

## Tell Us About Yourself...

Date \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

What would you like to accomplish with Y Personal Training?

When are you available for training (days/times)?

Do you have a specific preference for a trainer??

No preference       If yes, who?: \_\_\_\_\_

Please return this form to the Wellness Department or Welcome Center at either the Nashua, Merrimack or Westwood Park YMCAs.

# IS PERSONAL TRAINING THE SECRET INGREDIENT IN YOUR WELLNESS RECIPE?

Taking the next step can be confusing and challenging, but we are here to help.

Your goals are important to us and what better way to reach them than with the guidance from one of our Nationally Certified Y Personal Trainers?

Aren't you worth it?

## INDIVIDUAL PACKAGES

30 Minutes	Member	Community
5 Sessions	\$130	\$195
8 Sessions	\$197	\$296
12 Sessions	\$274	\$411
16 Sessions	\$330	\$544

1 Hour	Member	Community
One Time	\$53	\$80
5 Sessions	\$244	\$366
8 Sessions	\$358	\$537
12 Sessions	\$460	\$690
16 Sessions	\$544	\$860

## SMALL GROUP INSTRUCTION

3-1 Hour Sessions	Member	Community
2 Goal Chasers	\$72/ea.	\$108/ea.
3 Goal Chasers	\$54/ea.	\$81/ea.
4 Goal Chasers	\$48/ea.	\$72/ea.

### 8-1 Hour Sessions:

2 Goal Chasers	\$185/ea.	\$276/ea.
3 Goal Chasers	\$144/ea.	\$216/ea.
4 Goal Chasers	\$122/ea.	\$183/ea.

*Need Financial Assistance?* Funds are available through our Y Cares Financial Assistance Program. Applications are available at the Welcome Center or on our web site at [www.nmymca.org/membership](http://www.nmymca.org/membership).

Our Personal Trainers are hired based on their expertise in fitness programming and commitment to upholding our Y mission. We invite you to complete and submit the attached inquiry form.

Receive a complimentary consultation to learn about the variety of options to fit your needs and budget. Personal Training is for everyone - get started today!



# Our Y Stories

"Personal Training gives me a sense of wellbeing not only physically, but mentally, which positively impacts all aspects of my life." - Mary Ellen Subisak

"I started working with a Y Personal Trainer and within a short period of time, I not only met my personal goals, but exceeded them. The skills and habits I learned through Y Personal Training have given me the tools to completely transform myself and unlock potential I didn't know I had." - Matt Collins

"Personal Training is tailored to my needs and has helped me reach my goals of becoming leaner and stronger. My advice would be to sign up today!" - Melissa Breton

"Our trainer uses diverse training methods to create challenging and engaging workouts. She has also worked with my two sons and we are now stronger and healthier than ever!" - Anna O'Herren

"I have been training at the Merrimack YMCA for almost 14 years. In this time, I have trained weekly with three different and consecutive personal trainers. They have all been knowledgeable and professional. More importantly, they are really good caring people, who know how to mix it up, challenge me and laugh. The results of my training are measureable on many levels. I fully expect to continue training at the Y for years to come." - Rick Ruo

"I worked with Amy to get into better shape for my sister's wedding. Amy was always positive and she fine tuned the workouts to the body parts I wanted to target. I got nice compliments on how I looked on the wedding day! I continue to use the techniques she taught me to remain strong and improve my running. I would highly recommend her to any of my friends!" - Lisa Johnson

"I am happy to have Renee as my personal trainer. Her positivity and attitude towards staying fit and healthy has transformed the way that I viewed weight loss and working out. Like the YMCA, Renee is very welcoming and very easy to talk to. She is honest and most importantly she cares." - Chari Henry-Wilson

*Would you like to share your wellness experience? Please submit your story to Melissa Collins ([mcollins@nmymca.org](mailto:mcollins@nmymca.org)) or Kim Hickman ([Khickman@nmymca.org](mailto:Khickman@nmymca.org)).*