



DOWNTOWN WARSAW YMCA

# PERSONAL TRAINING DEMO

We are excited that you have chosen to experience YMCA Personal Training through our demo session. During our Demo Session a Certified Personal Trainer will:

- Introduce you to the YMCA Personal Training Program
- Work with you to explore your fitness goals
- Provide support and motivation throughout your Personal Training Demo Session
- Take you through a personalized exercise session
- Suggest resources, classes and activities that can help to support you in a lifetime of health and fitness

What to Expect

- Demo Sessions will last 45 minutes
- Wear workout shoes and exercise clothes

**FOR QUESTIONS CONTACT:** David Elsner at 574.269.9622 x236 or [delsner@kcymca.org](mailto:delsner@kcymca.org)



**INSTRUCTIONS: FILL OUT THE FOLLOWING INFORMATION SO THAT A YMCA STAFF MEMBER CAN CONTACT YOU PROMPTLY USING COMMUNICATION OF YOUR CHOICE.**

YOUR NAME \_\_\_\_\_

DATE \_\_\_\_\_

TRAINER GENDER PREFERENCE \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

WHAT IS THE BEST WAY TO CONTACT YOU? ( EMAIL / TEXT / CALL )

**SELECT YOUR PREFERRED DEMO SESSION DAY, TIME, AND TRAINER (YOU MAY CHOOSE MORE THAN ONE OPTION). ONCE THIS FORM IS PROCESSED, ONE OF THE PERSONAL TRAINERS WILL REACH OUT TO YOU TO CONFIRM THE DATE AND TIME OF YOUR DEMO.**

- MONDAYS | 10:30AM | SONJA FUSSLE
- TUESDAYS | 4:15PM | CYNTHIA LOVE
- WEDNESDAYS | 4:15PM | FAITH LONG