

## PREPARE FOR YOUR FIRST SESSION

- Before the session, update your personal trainer with accurate health information, share your expectations, and discuss your training goals.
- Your personal trainer will enhance your traditional workout regimen by taking you through an array of exercises and training methods. If you had or have any cardiovascular/respiratory conditions or injuries, please make the trainer aware up on the initial consultation.
- Your initial session will consist of an evaluation and testing of your baseline fitness. Your trainer will make sure you go through a systematic progression to help reach your goals.
- As personal trainers here at the Greenpoint YMCA we go beyond the “meet and greet.” We build relationships with our clients.
- Report any discomfort you experience during the training session, whether it’s physical or has something to do with the environment.
- Provide your personal trainer with feedback during the training session such as the intensity, exercise preferences or dislikes.
- Discuss any apprehensions you have about personal training with your trainer. Your trainer is a professional who is dedicated to the profession.
- Remember, the benefits of personal training are cumulative. Meeting with a trainer on an increasing consistent schedule will provide the most significant results in reaching your fitness and health goals.



## APPOINTMENTS

To schedule your personal training appointment.

- Call the Y at 212-912-2260.
- Visit the Greenpoint Y, and speak to a Member Service Representative.
- Contact our Healthy Lifestyles Director at 212-912-2263.

## CANCELLATIONS

We require at least 24 hours notice for cancellations of appointments. No refunds for missed appointments. Single sessions must be used within one month of purchase. Packages of 5 or more will expire after 12 months from date of purchase.

Greenpoint YMCA  
99 Meserole Avenue  
Brooklyn, NY 11222  
212-912-2260

[ymcanyc.org/greenpoint](http://ymcanyc.org/greenpoint)  
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# PERSONAL TRAINING

Let's Get Fit Together



**GREENPOINT YMCA**

## PERSONAL TRAINING

Looking for a new challenge or need some additional motivation? A certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals. All personal training sessions are one (1) hour in length.



### PT SPECIAL:

# Sessions	3
PT Special (must be purchased within first month of membership).	\$125

### OPTIONS:

**PRIVATE** (one-on-one) – A personalized training session to meet your goals with a workout specifically tailored to your lifestyle.

# Sessions	1	5	10
Member Fee:	\$70	\$325	\$580
Program Member Fee:	\$85	\$398	\$735

**SEMI-PRIVATE** (2 persons) – You and your friend can share the cost and reap the full benefits of semi-private training. Enjoy the motivation and camaraderie while achieving major results.

# Sessions	1	5
Member Fee:	\$80	\$375
Program Member Fee:	\$100	\$470

EVERY DAY IS  
ANOTHER CHANCE  
TO GET **STRONGER**  
TO EAT **BETTER**  
TO LIVE **HEALTHIER**  
AND TO BE THE BEST  
VERSION OF **YOU.**



## MEET OUR TRAINERS



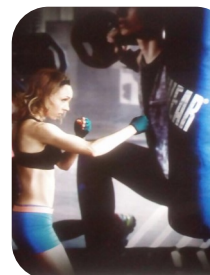
### ALI

Ali has been part of our Greenpoint YMCA family since his youth. He is an ACE-certified personal trainer and group exercise instructor and teaches classes such as Total Body Conditioning, Bootcamp, and Train Like an Athlete. Ali is an avid runner and has run many races including the NYC Marathon. Over the years he has helped clients become stronger versions of themselves through strength training and cardiovascular conditioning. His passion is for fitness and for helping others achieve their goals."



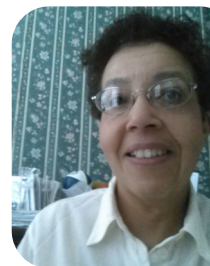
### ALEJANDRO

As a National Council of Strength and Fitness (NCSF) personal trainer, Alejandro specializes in Athletic Conditioning, Boxing, Endurance training, Weight loss and Hypertrophy-Specific Training. Alejandro is very passionate about music, fitness and helping others.



### MARTA

Marta is a National Academy of Sports Medicine (NASM) certified personal trainer, exercise group instructor, and nutrition coach with over ten years of experience. For Marta, there is no greater reward than being able to make a difference in the lives of others by helping them improve their standard of living from the inside out. She believes health is priceless, and it is the most valuable thing we have in life.



### PATRICIA

I was over 200 lbs. in college, and knew I had to change. I got interested in running, swimming, and had a personal trainer who helped me reach my goal to lose weight and get fit. I want to inspire people to share my love for health and fitness. Registered Nurse. Certified Personal Trainer.