

HOW TO GET STARTED...

Member's Name _____

Phone Number _____

Email _____

Prefer to be contacted by Phone Email

Preferred Trainer _____

OUR SERVICES

- Small Group Training
 - Baseline Fitness Assessment
 - Body Composition Assessment
 - Wellness Coaching

■ Individual Personal Training

■ Buddy Training

PREFERRED APPOINTMENT TIME

Morning Afternoon Evening Weekday Weekend

Personal Training sessions are valid for 6 months. They are transferable but non-refundable. 12 Hour notice required for cancellation.

If you fail to notify your trainer, you will be charged for the missed session. Please do not be late for a session as it will cut into your scheduled time...many times the trainer has scheduled back to back sessions and if you are late your session may have to be shortened.

Member must pay for program at time of registration. Member will be contacted by trainer to schedule an appointment with 2-3 days.

Please place this completed form in Health and Fitness Manager's box.

Y STAFF NAME _____ DATE _____



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU REACH YOUR GOALS

PERSONAL TRAINING

We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer or a coach. The Kearney YMCA offers personal training and coaching to help you set and meet your specific fitness goals in order to live healthier. Our Personal Trainers achieve this by creating a unique program tailored just for you. Whatever your training goals are, we will take your fitness level to new heights! With personal training, you will receive a personalized program, individual and safe instruction, motivation, support, and engagement.

**FREE
INITIAL
CONSULTATION!**



EXPERIENCE RESULTS

WHAT OUR MEMBERS ARE SAYING

"I told my trainer what my expectations and limitations were, and she was able to adjust my workout to help reach both. That was not an easy thing to do! I wasn't getting back into shape, I was going there for the first time. She was able to keep things moving forward always giving me the best workout without pushing me beyond my comfort level. I learned how to set up my day so I can get a complete workout, even if I only have 30 or 45 minutes. I didn't know how much working with a trainer would change my own experience but I loved every minute of it."

- Monique



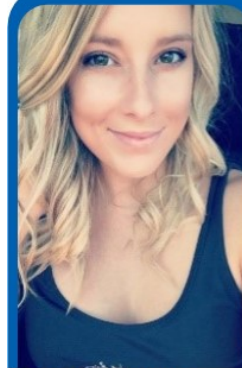
"Working with my trainer was an investment in myself. I learned how to get the most out of my workout."--Monique



"I have had a wonderful experience with my personal training sessions. I chose to do personal training so I could learn to use the machines and free weights as well as other exercises that would benefit me upstairs. I had never really worked out before and thought this would be a wonderful way to learn how to exercise properly. Shelby is my personal trainer and she is AMAZING! Shelby is motivating and supportive. She also is great at pushing me to strive for more and work harder. She has given me some great advice in my personal eating habits and has encouraged me to set a routine for myself. She has helped me to feel confident when working out upstairs. I would definitely recommend personal training to anyone who is wanting to learn and grow more in their health and fitness journey!"

-- Elizabeth Cooley

MEET OUR TRAINERS



Education: B.S. in Exercise Science Fitness and Wellness- University of Nebraska at Kearney

Certifications: ACSM Certified Personal Trainer

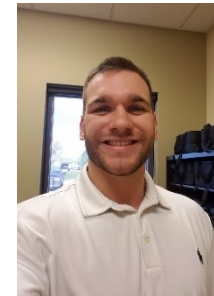
Focus: Help you learn how to properly perform exercises safely and effectively so you can improve the overall quality of life.

Personal Bio: I have been training at the Kearney Y for over a year. I have trained all ages, from youth to older adults. We will work hard so you can be stronger, feel better, and live a healthier life through eating well and physical activity. I will keep you accountable, attain your goals, and adopt a new lifestyle!

Contact Info:

srath@kearneyymca.org

SHELBY BOTTOLFSEN
CERTIFIED PERSONAL TRAINER



Education: B.S. in Business Management- Vatterott College

Certifications: Certified Personal Trainer

Focus: Sports athletics, weight loss, and strength training.

Personal Bio: My fitness journey began in 2010 when I joined the Kearney YMCA. I wanted to gain weight and build muscles. I had always been active, playing a variety of sports as a child, but I found a passion for fitness at the Y. I enjoy helping others reach their goals and grow their potential. In my spare time, I play Rugby and I am involved in MMA fighting.

Contact Info:

bneujar@kearneyymca.org

BRANDON NEUJAR
CERTIFIED PERSONAL TRAINER



Education: B.S. in Nutrition and Exercise Science and B.S. in Dietetics--University of Nebraska at Lincoln

Certifications: ACSM Certified Personal Trainer and Certified Cancer Exercise Trainer

Focus: Helping beginners and people with limitations achieve a healthy lifestyle in and outside of the gym.

Personal Bio: Working as a physical therapy technician for five years during college taught me the importance of everyday mobility. My passion is to help you improve your day to day functioning with one-on-one attention, guidance, and encouragement. I

Contact Info:

jdirkschneider@kearneyymca.org

will show you how to achieve your goals while avoiding the pitfalls associated with starting an exercise program.

JACKIE DIRKSCHNEIDER
CERTIFIED PERSONAL TRAINER