

Hiring a Personal Trainer

1. Before hiring a trainer at the YMCA, book a free initial consultation for a chance to meet a trainer face-to-face, and to develop a plan for moving forward.
2. Meet with a trainer and make a game plan to reach your goals!
3. Pay for sessions at the Welcome Desk.
4. Begin training with your trainer, it's that easy!

Cost

30 Minute Sessions:

- 1 Session - \$25
- 5 Sessions - \$100
- 10 Sessions - \$200

60 Minute Sessions:

- 1 Session - \$50
- 5 Sessions - \$200
- 10 Sessions - \$400

How to Register

For registration or general inquires contact our Welcome Desk:

462-3000 ext. 0



Building healthy communities

YMCA Mission Statement

The YMCA is a charity dedicated to the growth of all persons in spirit, mind and body and to their sense of responsibility to each other and the global community.



**YMCA of
Fredericton**

Visit the YMCA of Fredericton

570 York Street
Fredericton, New Brunswick
(506) 462-3000
www.ymcafredericton.nb.ca

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YMCA of
Fredericton



Personal
Training

Personal Training

The YMCA of Fredericton offers training sessions for all individuals interested in improving their fitness level. We offer both land and water training in sessions of 1, 5, and 10 sessions.

Each session is either 30 or 60 minutes long with a certified personal trainer. Training sessions can take place on either land or water. Our personal trainers will take your goals and design a plan that suits your needs.



Our trainers can tailor a program to fit your needs and help you meet your goals!



5 Ways a Personal Trainer can help you with your training

1. You aren't quite sure where to start

A trainer can help you by designing a program tailored to your needs and start you at a level of training that is challenging, but within your means.

2. You need to be challenged

Maybe you've been doing the same workout for months or even years and it's time for a change. Or maybe you just need someone to offer encouragement. These are just a couple of ways a Personal Trainer can help you.

3. You want someone to hold you accountable

Sometimes just knowing you have a scheduled appointment can be enough of a motivating factor

to get you through the gym door. Hiring a trainer and setting up sessions before hand can be a huge motivator.

4. You're recovering from a specific injury or condition

Always get clearance from your doctor before beginning an exercise program, but having an experienced trainer to help you along the way can be a way to keep you on the road to recovery.

5. Training for something specific

Whether you are an athlete who would like to improve an aspect of your game, or someone who would like to improve balance or muscular strength, a trainer can tailor a program to fit your needs and help you meet these goals.