

## Wellness Centre Safety & Etiquette

### DRESS CODE

- Appropriate footwear, such as non-marking, indoor athletic shoes – no sandals or open toe footwear.
- Appropriate tops covering chest and midriff, and athletic pants are required

### EQUIPMENT ETIQUETTE

- Please wipe off & return equipment after each use
- Collars are required on all barbells
- Do not slam weights together or drop dumbbells, barbells or plates on the floor
- Allow others to “work in” when necessary
- During peak times, limit machine use to 30 minutes

### GENERAL

- Talking on cell phones is prohibited
- We are a scent-reduced facility
- No photography or videos
- Personal belongings must be stored in the in the locker rooms
- Members *13-15 years old* must be wearing a *Teen Weight Trainer* ID Card as proof of Teen Weight Trainer Orientation completion

## Contact Us

570 York Street  
Fredericton, NB  
E3B 3R2

(506) 462 3000  
wellness@ymcafredericton.org  
fredericton.ymca.ca



@FrederictonYMCA



ymcafredericton



Facebook.com/FrederictonYMCA



YMCA of  
Fredericton  
Personal Training



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Building healthy  
communities

## Rates

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### 30 minutes

1 session	\$25
5 sessions	\$100
10 sessions	\$200

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### 60 minutes

1 session	\$50
5 sessions	\$200
10 sessions	\$400

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### Orientation Package

Three 1hr sessions . . . \$99

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### Small Group Personal Training

*Twice per week for 4 weeks*

Member Fee	\$70
Non-Member	\$140

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## Free Consultations

Come and meet our trainers and get comfortable in our Wellness Centre. Our staff are here to help you understand equipment and offer training advice suited to your needs.

*Free with any YMCA Membership, once per year.*

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## Teen Weight Training (TWT)

*Required for ages 13-15*

TWT is a FREE course offered to youth ages 13-15 to properly understand how to use the Wellness Centre equipment. This course will give your teen confidence and understanding of how to effectively use our weight and cardio machines.

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## Small Group Personal Training

Best value personal training – and you can do it with friends! *Eight group sessions, minimum 3 people.*

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## Book a trainer!

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Contact our Welcome Desk at  
(506) 462 3000

## Simple steps to meet your fitness goals

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- ✓ Book your 1-hour complimentary consultation with a YMCA Trainer to discuss your goals.
- ✓ Hire a YMCA Trainer. With a trained professional helping you, you can establish a plan that includes a timeframe, accountability and professional advice.
- ✓ Focus on your short term goals. Working closely with your trainer, you can identify short term goals and results

