

Steps to take to begin your first personal training appointment:

Fill out this form and return it to the Front Desk to begin your registration process. The Personal Training Supervisor will connect you with a trainer that will fit best with your schedule and needs.

Your Personal Trainer will contact you to set up your first meeting. Please plan to provide payment prior to your first training session.

Policies & Procedures

Partners MUST train at the same time. Sessions cannot be split between partners - that is considered personal training.

Sessions that are not rescheduled or canceled at least 24 hours in advance will result in forfeiture of the session and a loss of the final investment at the rate of the session.

Please note the importance of being on time for your training session. Clients arriving late will receive the remaining scheduled session time unless other arrangements have been previously made with the trainer.

The Expiration policy requires the completion of all personal training sessions within one year from the date of purchase. PT sessions are void after this date. PT sessions are transferable to a family member or friend.

We understand the above personal training policies and procedures of the Foundation YMCA of Wilson and agree to abide by these terms.

Signature Date

Signature Date



We are here to support you in reaching your health and well-being goals!



Foundation YMCA of Wilson
 233 Nash Street N
 Wilson, NC 27893
 252.291.9622
 Wilsonymca.org

QUESTIONS?
 Louise Dillard
 ldillard@wilsonymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUPPORT MOTIVATE ACHIEVE

**TRAINING FOR TWO
FOUNDATION YMCA OF WILSON**



**PERSONALIZED FIT FUN WITH A FRIEND.
SUPPORT AND MOTIVATE EACH OTHER,
AND ACHIEVE YOUR GOALS**

MEET OUR TRAINERS

CAMERON AVERY

- CSCS Certified through the NSCA
- USAW Level 1 Coach
- Masters degree in Exercise Science from Liberty University
- Specializes in training all age athletes

LOUISE DILLARD- PT SUPERVISOR

- ACSM Certified Clinical Exercise Physiologist
- Masters's Degree in Exercise Science
- ACE Certified Personal trainer
- Master Trainer for post-rehab individuals

HILDA ERRASTI "CHAPA"

- ISSA Certified Personal Trainer and Fitness Coach
- ISSA Certified Nutritionist
- Bilingual trainer (Spanish/English)
- Specializes in body composition, weight loss, resistance training, strength and conditioning

TISHAY "TY" FERRELL

- ISSA Certified Personal Trainer
- Former Student-Athlete (football)
- Specializes in strength training, sports performance, speed and agility, weight loss, mobility, and overall wellness
- Works great with youth and athletes

MICHELLE JOHNSON

- IFTA Certified Personal Trainer and Group fitness Instructor
- Enjoys working with individuals new to fitness, athletes, youth, adults, and seniors
- Specializes in stabilization training, HIIT Training, Strength Training, Power Training, and weight loss.

BETSY LAND

- ACSM Clinical Exercise Specialist
- Masters Degree in Exercise Physiology and Fitness Management
- 30 years experience in Cardiac and Pulmonary Rehab

JESSICA LEWIS

- IFTA Certified Personal Trainer. Certified Group Fitness Instructor and NASM Certified in Nutrition.
- Former Crossfit Athlete
- Loves to work with beginners, post-rehab, and medically complex clients

ISIAH "ROCK" MCARN

- IFTA Certified Personal Trainer
- Emphasizes total body fitness and weight loss
- Specializes on using functional body weight training

GAIL PEARSON

- ISSA Certified Personal Trainer
- Emphasis on total body fitness, including weight loss, core training, strength and flexibility

TERRY PIGFORD

- IFTA Certified Personal Trainer and Group Fitness Instructor
- Over 30 years of experience
- Former powerlifter
- Specializes in weight training, step, kickboxing, core exercise, toning, cardio, weight-loss, muscle bulk, and power lifting

JOSH RAPER

- NASM Certified Personal Trainer
- Emphasis on strength, bodybuilding/aesthetics, weight loss, and cardiorespiratory fitness

KENNETH RICHARDSON

- Over 30 years of experience as a Personal Trainer
- Specializes in using free weights and building strength

NANCY STOCKS

- IFTA Certified Personal Trainer, Board Certified health coach and nutrition coach (see separate brochure)
- 20 years experience in Certified TRX and Group Fitness Instructor
- Specializes in muscle and core strength, weight loss, and enhance overall well-being

ELIZABETH WHITE

- BS in Exercise and Sports Science ,ECU
- 30 years personal training and nutrition coach
- IFBB Pro Athlete ,Figure
- Precision Nutrition Certified
- Specializes in lifestyle change for health and fitness including fat loss , increasing muscle mass, metabolic health and strength progression.

GENE WRIGHT

- ISSA Certified Personal Trainer and Glute Specialist
- Served in both the Army and Marines
- Specializes in older adults and helping women find their strength
- Available to train nights and weekends

TRAINING FOR TWO RATES

Training for Two provides you with a personalized exercise experience along with a friend or family member so you can support and motivate each other, and achieve your goals together! Both participants MUST be Foundation YMCA members.



1 session	\$65
5 sessions	\$300
10 sessions	\$560

*Please Note: While we do take your trainer preference into consideration, at times the requested trainer may not currently be accepting new clients or have availability that works with your schedule. We do our best to connect you with a trainer who will best meet your needs and schedule.

TRAINING FOR TWO REQUEST FORM

Name: _____

Date: __/__/__

Phone Number: ____/____/____

Email: _____

Name: _____

Date: __/__/__

Phone Number: ____/____/____

Email: _____

First time Inquiry for a trainer

PLEASE CIRCLE ONE :

YES or NO

Dates and Times Requested:

M T W TH F SA SU

Morning Afternoon Evening

Trainer Preference:

Special Needs/Health Concerns:

Fitness Goals:

How did you hear about personal training at the YMCA?