

**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  
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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

## 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

## 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

## 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

## Kenneth Richardson

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

## 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.

## 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

## Nancy Stocks

- IFTA Certified Personal Trainer, Board Certified health coach and nutrition coach (see separate brochure)
- Certified TRX and Group Fitness Instructor
- Precision Nutrition Certified Coach
- Parkinson's exercise Specialist
- 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.

## 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

## Barry Johnson

- Over 15 years experience as a Personal Trainer
- Works with clients of all ages

## 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?