



8-Week PERSONAL Fitness Program

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOTIVATION SUPPORT SUCCESS



A program geared to YOU. This program is to help give you the jumpstart you need to get back into, or start, an exercise routine.

No additional charges. This program is included with your YMCA membership.

Trained Y Staff. All staff has undergone training to understand and implement the program effectively. You will be provided with personal attention and extra motivation to help keep you on track.

A flexible start time. You can start this program when you are ready. Sign up for your one-on-one appointment by simply contact Judy Burns, Wellness Director at Jburns@ymcaulster.org or 845-338-3810 x103



Because of our **community partnership** with

of Kingston, this program

includes complimentary counseling with Jenna Guadagna, retail dietitian!

FREE for Members of the YMCA!

Here's how it goes...

Contact Judy Burns, Wellness Director 845-338-3810 x103 or jburns@ymcaulster.org.

She will give you an intake form to fill out and send back to her and you will set up your first session with a qualified trainer.

1st Session

- ☐ Your trainer will have reviewed your feedback and have a suggested plan ready to review with you.
- ☐ If applicable, you will complete a Body Mass Index and Body Fat % Calculation.
- ☐ You will be introduced to the Wellness Center, and develop a plan for the next two weeks tailored to your specific goals, including suggested classes!
- ☐ You'll be given Jenna the ShopRite Dietitian's information to set up your 1 hour session with her!
- ☐ You'll set up your next appointment with your Trainer!

2nd Session

- ☐ Your progress will be evaluated by your Trainer.
- ☐ You will be given a sample workout based on your specific goals and a plan will be developed for you for the next two weeks, including specific classes.
- ☐ You will revisit Jenna and review your progress with her for 30 minutes!
- ☐ You will set up your next appointment with your Trainer!

3rd Session

- ☐ Your progress will be evaluated.
- ☐ You'll be given a sample workout based on your goals.
- ☐ You will develop a plan for the next two weeks tailored to your specific goals, including suggested classes!
- ☐ You will set up your final appointment with your Trainer!

Final Session

- ☐ Your progress will be evaluated.
- ☐ You'll be given a challenge workout to do to show you your progress!
- ☐ You'll review the healthy lifestyle choices you've been making over the 8-weeks.
- ☐ You just earned a 30-minute FREE evaluation with one of our highly qualified Personal Trainers! Book it now while you have momentum!!!