

## Steps to take to begin your first personal training appointment:

Fill out this form and return 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

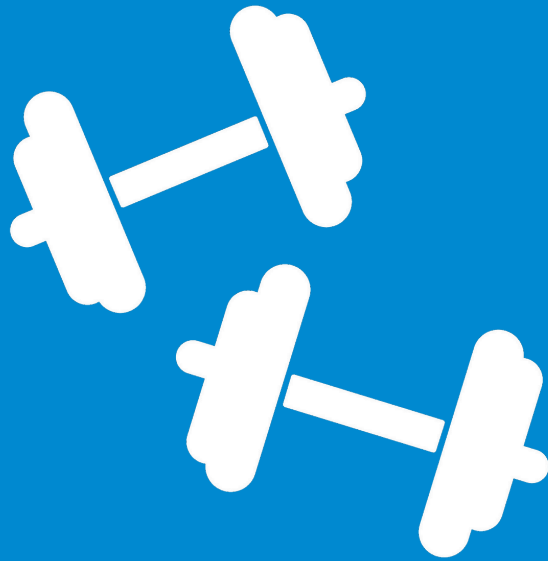
Personal training (PT) sessions that are not rescheduled or canceled at least 24 hours in advance will result in forfeiture of the session and a loss of the financial investment at the rate of the session.

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

The expiration policy requires 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.

I, \_\_\_\_\_, understand the above personal training policies and procedures of the Foundation YMCA and agree to abide by these terms.

\_\_\_\_\_  
Signature Date



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



**Foundation YMCA of Wilson**  
233 Nash Street  
Wilson, NC 27893  
252.291.9622

### QUESTIONS?

Louise Dillard  
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**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# REACH YOUR GOALS

**PERSONAL TRAINING  
FOUNDATION YMCA OF WILSON**



**LET US HELP YOU REACH YOUR  
HEALTH AND FITNESS 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

## 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

## Josh Raper

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

## 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.

## Gail Pearson

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

## Betsy Land

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

## 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
- 2+ years experience with youth
- 5+ years experience with general population and athletes

## Personal Trainer Rates

Packages	Price
1 Session	\$40
5 Sessions	\$185
10 Sessions	\$350
20 Sessions	\$700
30 Sessions	\$1050

\*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.

## Personal Training Request Form

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?