



PERSONAL TRAINING

The ultimate solution if you want accountability and results! Let us help you achieve your goals. Our friendly certified personal trainers are ready to work one-on-one with you to create an exercise program designed just for you!

Binghamton Branch
61 Susquehanna Street
Binghamton, NY 13901
Tel: (607) 772-0560
Fax: (607) 772-0563

West Family Branch
740 Main Street
Johnson City, NY 13790
Tel: (607) 770-9622
Fax: (607) 729-4977

Visit us online at:
www.ymcabroome.org

And on Facebook at:
YMCA of Broome County



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Personal training is ideal for anyone recovering from an injury, training for a sport, or looking to lose weight and get lean.

About our Sessions:

- Become empowered to make healthy choices, build self-confidence, and get connected through our Personal Training Program.
- Sessions offer goal setting, cardiovascular conditioning, muscle strengthening, endurance training, flexibility, and so much more!
- Sport specific training is also available!
- Personal training is available as a one-on-one experience, or as a group to train with friends.

The YMCA of Broome County is one of the area's leading charitable 501(c)3 organizations. Our programs and services are open to all through our financial assistance program, made possible through the generosity of our members, donors and partners. To help us help others, make your tax-deductible donation at www.ymcabroome.org.

Personal Training

Registration Information

PROGRAM FEES:

Member:

1 hour	\$43
5 hours	\$169
10 hours	\$297
25 hours	\$703

10% discount on all personal training purchases of equal or greater value.

(Rates for non-members are double the member rate.)

CONTACT INFORMATION:

RoQue Harmon
Healthy Living
607-770-9622 ext. 420
rharmon@ymcabroome.org



YMCA of Broome County



United Way
of Broome County

Getting Started:

1. Complete the personal trainer request form, and hand it to a Wellness or Front Desk Team Member.
2. A personal trainer will contact you to set up your initial consultation. The initial consultation is free of charge! This helps up learn about more about you and your goals.

Personal Trainer Request Form

Name: _____

Address: _____

E-mail: _____

Phone #: _____ Age: _____ Gender: _____

Preferred Location : Binghamton YMCA
 West Family YMCA

Preferred Day(s) of the week:

(Please circle) Monday Tuesday Wednesday Thursday Friday Saturday

Preferred Time(s):

(please circle) 6:00-9:00am 9:00am-12:00pm 12:00-3:00pm
3:00-6:00pm 6:00-9:00pm

Do you have a Trainer request: _____

Please list your fitness goals: