



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

Our personal training sessions offer one-on-one guidance with experienced trainers, tailored to your fitness goals and level. Benefit from targeted workouts, expert advice, and a customized approach to maximize efficiency and motivation, helping you reach your fitness milestones.

PERSONAL SESSION & PACKAGE PRICING

SESSIONS	\$ PER SESSION	\$ PER PACKAGE	PACKAGE SAVINGS
1	\$55.00		
4	\$50.00	\$200.00	\$20.00
8	\$45.00	\$360.00	\$80.00
12	\$40.00	\$480.00	\$180.00
24	\$35.00	\$840.00	\$480.00
10 (30 MINUTE SESSIONS)	\$25.00	\$250.00	

BUDDY/SMALL GROUP TRAINING (GROUPS OF 2 OR MORE)

SESSIONS	\$ PER SESSION OR PACKAGE
1	\$30.00 PER PERSON
4	\$108 PER PERSON
8	\$192 PER PERSON
12	\$240.00 PER PERSON

Train with a friend or family member! Buddy Training is for two people, one trainer, one hour. Small Group Training (4-6 people) offers the same professional guidance, making it a great way to achieve fitness goals together.

NUTRITION COACHING

Nutrition plays a vital role in an individuals health & fitness journey. Here at the Baker County YMCA, we are excited to offer customized nutrition coaching for those seeking to optimize their workouts. Our program helps focus on macro nutrients (proteins, fats, carbs) and can be a stand-alone service or combined with personal training.

Program includes: 8 weeks of certified nutrition coaching, customized macro plans, weekly check-ins and assessments, and adjustments made according to each individual.

Cost: \$110.00

PERSONAL TRAINER BIOS



JUSTINE

Originally from the scenic Willamette Valley, Justine is a certified personal trainer with a rich background in health and fitness. Her experiences include competitive swimming, half marathon/marathon running, weightlifting, and a passion for HIIT and cycling classes. Justine believes in creating a welcoming space for everyone at the YMCA, aiming to guide individuals toward a personalized health and fitness lifestyle. Certified through NASM, she brings expertise and enthusiasm to help you on your wellness journey.



AUSTIN

Originally from Finley, Washington, Austin is a certified personal trainer with expertise in strength and conditioning, weightlifting, and functional movements. Excited to coach youth athletes in football, basketball, and baseball—sports he excelled in during his youth—Austin is also passionate about helping clients overcome injuries and improve everyday movements. When not coaching, he enjoys hunting, fishing, hiking, and outdoor activities with family and friends. Austin believes in the transformative power of exercise and nutrition for a healthy life, both physically and mentally.



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BAKER COUNTY YMCA PERSONAL TRAINING CLIENT FORM

NAME: _____ DATE FILLED OUT: __/__/__

PHONE NUMBER: _____ EMAIL: _____

INTERESTED IN (CIRCLE ONE): PERSONAL TRAINING BUDDY/GROUP TRAINING NUTRITION COACHING

I PREFER A: MALE TRAINER FEMALE TRAINER NO PREFERENCE

REQUESTED TRAINING TIME (PER TRAINER AVAILABILITY): _____

OTHER COMMENT/REQUESTS: _____

I'VE READ AND UNDERSTOOD THE FOLLOWING:

Physical exercise can be strenuous and subject to risk of serious injury. You are urged to obtain a physical examination from a doctor before participating in any exercise activity. You agree that if you engage in any physical exercise or activity, you do so entirely at your own risk. Any recommendations for changes in diet including the use of food supplements and weight reduction products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and assume all risks of injury, illness or death. This release of liability includes, without limitation, all injuries which may occur as a result of: (a) your participation in any activity or personal training session and (b) instruction, training, supervision, or dietary recommendations by your personal trainer. You acknowledge that you have read this waiver and fully understand that it is a release of liability. You expressly agree to release and discharge your Personal Trainer and the Baker County YMCA from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against your Trainer and Baker County YMCA for personal injury or property damage.

SIGNATURE: _____ DATE: _____

FOR EMPLOYEES TO FILL OUT

NUMBER OF SESSIONS PURCHASED: _____

TOTAL BALANCE PAID: _____

DATE PAID: _____ EMPLOYEE INITIAL: _____