



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



VIRTUAL PERSONAL TRAINING

OVERVIEW

Greater Somerset County YMCA's virtual training program offers you the opportunity to continue your personal training experience from your home. The experience will keep you on your path to wellness as you work toward your fitness goals.

WHAT TO EXPECT FROM VIRTUAL PERSONAL TRAINING

Your Virtual Personal Training session will resemble your one-on-one in person personal training sessions. A major component of the design to your Virtual Personal Training session will depend on what/if any fitness equipment is available to you. Your personal trainer (PT) will program your workouts based on your goals, fitness level, equipment you have, special needs, and injuries. Please make your PT aware of these things prior to the start of your first session.

Your first session will include a 10-minute, free of charge, testing setup. You will be expected to connect with your PT 10 minutes prior to the start of your first session to ensure all technological items are working properly. After the testing setup, the workout will begin promptly at the start time.

2 complimentary 30 minute sessions per person.

Session options are as follows:

MONTHLY OPTIONS

2 sessions per month..... \$50
4 session per month.....\$100
8 sessions per month\$200
12 sessions per month.....\$300

PAIRS TRAINING (per person)

2 sessions per month..... \$40
4 sessions per month..... \$80
8 sessions per month..... \$160
12 sessions per month.....\$240

Must be paid in full before the start of the sessions.
No commitment beyond the month you are paying for.

You should set up your device ahead of time so that your body is fully visible, and there is no glare to the screen. This will ensure that your PT can demonstrate each exercise, cue the proper exercises, and correct your form.

Your session will start precisely at the start time and end precisely at the end time. Please be mindful that your PT has a schedule to follow and must stay on an exact timeline. The session will include a warmup, workout, and cool down.

Once the workout has concluded, your PT will email the Personal Training Coordinator/Wellness Director and copy the client to confirm the session took place. All scheduling for future Virtual Personal Training sessions will occur between the client and PT.

HOW TO REGISTER FOR VIRTUAL PERSONAL TRAINING

In order to participate in Virtual Personal Training, you must be a Greater Somerset County member and a current Personal Training client.

Before the start of your first Virtual Personal Training session:

- A Personal Training package/session must be purchased.
 - o Virtual Personal Training sessions will be sold on a monthly basis
- You must have one of the approved apps.
 - o Zoom is the preferred mode of communication, but you may use the following applications that are compatible with either Apple, Google, or Android as well:
 - FaceTime Skype WhatsApp
- Complete your virtual client intake form and inform your trainer of any home equipment you may have, so they can design the right workout program (treadmill, stability ball, dumbbells, etc.).
- It is recommended that your Virtual Personal Training workout area is 6 ft x 6ft so you can

perform all exercises safely and without any space restrictions. Ensure that this space is safe (no sharp corners, low ceilings, etc.).

- Have your device/app set up 5 minutes prior to the start of your session.
- Your PT will contact you to start your virtual personal training session.
- When your virtual personal training session is complete, your personal trainer will email the Personal Training Program Coordinator to confirm a session was complete.
 - o You will be copied on the email the PT sends the Personal Training Coordinator/Wellness Director.

POLICIES

Under no circumstances are family members or friends allowed to participate in the clients Virtual Personal Training session. ONLY the client who has purchased sessions and are part of the personal training program are cleared to partake in Virtual Personal Training sessions.

CANCELLATION POLICY

If you are unable to make the scheduled training session due to illness, travel, or any other circumstance, it is your responsibility to notify your personal trainer

24 hours before your session and reschedule your appointment. Failure to do so will result in the forfeiture of a single training session. Emergency situations will be handled on a case by case basis.

DEVICE/APP MALFUNCTIONS

You will not be charged for the session if the device/app malfunctions.

ADDITIONAL QUESTIONS?

For more information please contact:

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Greater Somerset County YMCA is a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. The Y empowers everyone – no matter who they are or where they're from – by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. For information about Greater Somerset County YMCA and financial assistance, visit us at www.gscymca.org.

