

**YPT**  
**Yoga/Pilates Personal Training**  
**Request Form**  
(Turn completed form into the service desk)

**Naperville**\_\_\_\_\_ **Seven Bridges**\_\_\_\_\_

RECEIPT ATTACHED

**NAME**\_\_\_\_\_

**Phone number**\_\_\_\_\_

**Package choice:** \_\_\_\_\_ \$ \_\_\_\_\_

**Requested YPT Trainer:**\_\_\_\_\_

**EXERCISE BACKGROUND**

Do you currently exercise in any of the following disciplines? Answer Yes or No

Strength Training\_\_\_\_\_ Yoga\_\_\_\_\_

Pilates\_\_\_\_\_ Aerobic Exercise \_\_\_\_\_

How Often? Daily\_\_ 3xweek\_\_2xweek\_\_

**Are you currently, or do you plan to be, pregnant:**\_\_\_\_\_

**Do you have any current exercise limitations based on injuries, pain, operations, biomechanical considerations, etc.?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Follow up by Renee Nelson or Paula McBride  
Contacted by: \_\_\_\_\_

Session scheduled to begin: \_\_\_\_\_

Package purchased: \_\_\_\_\_

**Begin your journey today!**  
**For YPT direct questions to**  
**Paula McBride at Seven Bridges 630-646-7929**  
**Renee Nelson 630-646-5922 at Naperville**

**Why choose YPT at EHFC?**

- To train one-on-one with an expert professional in the field, guaranteeing the attention and direction that you need and deserve.
- To improve your posture, confidence, flexibility, balance, strength, core stability and power, endurance and concentration.
- To develop better awareness of how your body works and how to incorporate the mind/body/spirit connection into your daily life.
- To reduce stress

**EHFC YPT trainers** are certified and degreed professionals trained in one or more of the following:

- Basic & Advanced Mat Pilates
- Pilates Reformer I and II
- BOSU Master Trainers
- 200/500 hour Yoga Alliance
- Registered Teachers in Thai Yoga Therapy, Ashtanga, Hatha and Forrest Yoga
- AEA The Aquatic Exercise Association
- AFAA
- ACE American Council on Exercise
- Group Fitness

Many people know that the practice of **Yoga** makes your body strong and flexible. It is also well known that Yoga improves the functioning of the respiratory, circulatory, digestive and hormonal systems. Yoga brings emotional stability and clarity of mind and that is only the beginning of your journey!

**Pilates** is a form of isometric exercises developed and practiced to simultaneously stretch, strengthen, tone and align the body, while eliminating excess tension and strain on the joints. Pilates will help you to improve balance, flexibility, core control and back strength; all in one refreshing mind/body workout!

YPT Packages are available in the following categories:

**MEMBER Packages:**

**Single Person:**

5x 30 min. sessions= \$145  
 10x 30 min. sessions= \$272  
 20x 30 min. sessions= \$510

**Partner:**

2x 30 min. sessions = \$113  
 5x 30 min. sessions = \$237  
 10x 30 min. sessions = \$435  
 20x 30 min. sessions = \$816

**NON MEMBER PRICING:**

**Single Person:**

5x 30 min. sessions = \$221  
 10x 30 min. sessions = \$442  
 20x 30 min. sessions = \$835

**Partner:**

10x 30 min. sessions = \$680  
 20x 30 min. sessions = \$1112

All clients must sign the YPT Personal Training Client Agreement Form in order to start training. 5x30 package expires 3 months from date purchase. 10x30 and 20x30 expire 6 months from date purchase. No Refunds.

**Meet Your YPT Trainers**

<b>Mandy Bakas</b>	<b>Tracey Carr</b>
<b>Deanne Murray</b>	<b>Sally Tumilty</b>
<b>Yi-Jin Wu</b>	<b>Nancy Klotz</b>
<b>Donna Pozdol</b>	<b>Diane Coli</b>
<b>Julie Groves</b>	<b>Ylona Cavalier</b>
<b>Lana Bassetto</b>	<b>Adrienne Ann Ilseman</b>
<b>Mary Bielawski</b>	<b>Kathy Hirschfeld</b>
<b>Paula McBride</b>	<b>Gina Cox</b>
<b>Jutta Spanke</b>	

Individual YPT trainer availability subject to change. It is our intention to best match client and trainer based on trainer request, client needs and availability, schedules, training location, etc.

**3 Person Pilates Reformer Training:**

6 one hour sessions

This small group setting will allow you to experience an amazing body transformation. The REFORMER program works through your core with every movement as you transform your body into a strong, lean and toned physique. Must have 3 to participate in this semi-private training to work strictly on the reformer.

**Member Fee: \$160 each**

**Non Member Fee: \$210 each**

yoga/pilates  
 personal training

**Edward-Elmhurst**  
 HEALTH & FITNESS CENTER