



Scottsbluff Family YMCA



Nutritional Training

Ashley Britthouer, an ACE Certified Personal Trainer and ISSA Certified Nutritionist, has made health a priority for many years. Ashley has a passion for sharing her knowledge and experience with individuals who want to learn more about nutrition training. Ashley will help you learn safe and proper nutrition to jumpstart you down the path to a healthier lifestyle.

Email wellnessteam@ymcaofscottsbluff.org for availability and details.

Nutrition Training Program

- 6-week program*
- Meets once a week for 30 minutes*
- Cost Members = \$120 for six weeks*
- Find accountability and balance*
- Make good decisions outside the gym*
- Personalized to fit your lifestyle*

Nutrition Registration

Participants Name _____

Date of Birth: _____ Age: _____

Serious Health Problems: No Yes

Explain: _____

Address _____

City _____ State _____ Zip _____

Email _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Goals: _____

I understand and am aware that I will/may be given nutritional guidance and advice and that the potential for varying levels or no definable level of success does exist. In consideration for being allowed to participate in this YMCA's program, I agree to assume conducting this YMCA program from any and all claims, suits, losses, or related causes of action for damages, including (but not limited to) such claims that may result from injury or death (accidental or otherwise) during, or arising in any way from the program. I also understand that the Scottsbluff Family YMCA may use, for publicity and /or promotional purposes, my (or my child's) name or pictures participating in this program, without obligation or liability to me or my family.

Signature _____ Date: _____