

## Personal Training Program Details

YMCA personal training offers a variety of options for getting in shape and feeling healthier and can take place at any of the three YMCA facilities.

What you can expect:

\*A thorough assessment of your present physical condition.

\*A personal program that might include strength training, lap swimming, sports, walking, biking, running, stepping, jogging, aerobics, treadmill, stretching, or aquatic exercises in shallow or deep water.

\* Your certified personal fitness trainer will guide, educate, and motivate you toward reaching your personal goals.

All personal training sessions must be used within six months of registration date, unless cleared by the trainer.

## YMCA Diabetes Prevention Program

If you are at high risk for developing type 2 diabetes, the YMCA's Diabetes Prevention Program can help you adopt and maintain a healthier lifestyle to reduce your chances of developing the disease. Over the course of 16 one-hour classroom sessions, a trained lifestyle coach teaches participants how to change their lifestyle through healthy eating, physical activity and other behavior changes. After the initial 16 sessions, participants meet monthly for added support to help them maintain their progress.

Program goals:

- Reduce body weight by 7 percent.
- Participate in 150 minutes of physical activity per week.

The program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention which showed that by eating healthier, increasing physical activity and losing a modest amount of weight, a person with prediabetes can prevent or delay the onset of type 2 diabetes by more than half. The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program.

### Kosciusko Community YMCA

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COMMIT TO BE FIT

## Personal Training



**KOSCIUSKO COMMUNITY YMCA**

## Personal Training Packages

### Option #1 - 4 Sessions

Includes four one-hour sessions of personal training including fitness assessment and goal setting.

Member \$80.00

Community Member \$160.00

### Option #2 - 7 Sessions

Includes option #1, plus three additional one-hour sessions.

Member \$130.00

Community Member \$260.00

### Option #3- Group Package

A group of 2 to 5 people can divide the cost of personal training. They must attend sessions together. Includes 4 sessions.

Member \$195.00 All participants must be Y Members

Community Member \$390.00

### Option #4- 25 Session Package

Receive 25 one-hour personal training sessions. Must complete option #1, #2, or #3 prior to signing up for the twenty-five session package. Must be a YMCA member to register for this package.

Member \$400.00

### Option #5- Additional One Hour Workouts

You choose the workout! Must complete Option #1, #2, or #3 prior to signing up for the additional workouts.

Member \$18.00

Community Member \$36.00

## Commit To Be Fit

Getting fit isn't easy. Challenges range from making time or having energy to finding the right place. That's how the YMCA Commit To Be Fit can help. Only offered to YMCA members, this commitment program includes one workout and accountability for the designated time period:

**Six Week Commit** - Designed for people who just need that little push to get going. Participants will meet once with trained fitness staff to set goals, learn exercises to work through personal barriers, and to create a basic exercise plan. Participants will schedule one checkup appointment with fitness staff.  
Member \$15.00

**Eight Week Commit** - Designed for people who just need that little push and a little extra guidance. Participants will meet once with trained fitness staff to set goals, learn exercises to work through personal barriers, and to create a basic exercise plan. Participants will schedule two checkup appointments with fitness staff.  
Member \$25.00

**Twelve Week Commit** - Designed for people who are just getting started in exercise, and need a little bit of extra encouragement. Participants will meet with trained fitness staff to set goals, and then will be walked through an exercise plan. Goal setting will help beginners work through personal barriers. Participants will need to schedule three checkup appointments with the fitness staff.  
Member \$40.00

## Body Composition Test

The Body Composition Test accurately measures an individual's body fat percentage. The YMCA fitness staff will use bioelectrical impedance analysis to determine a person's body composition. A four hour food and caffeine fast and no exercise prior to testing is required for accurate results. A computer generated report will be provided.

Member \$10.00

Community Member \$20.00

Customer Loyalty Price (after initial test)

Member \$6.00

Community Member \$12.00