



PARKVIEW WARSAW YMCA

PERSONAL TRAINING LET'S GET FIT TOGETHER



WITH PERSONAL TRAINING AT THE YMCA...

...A HEALTHIER COMMUNITY IS A STRONGER COMMUNITY AND WITH OUR NEW PERSONAL TRAINING PROGRAM, WE CAN GET STRONGER TOGETHER. GETTING STARTED IS EASIER AND MORE AFFORDABLE THAN EVER!

ALL YMCA MEMBERS HAVE ACCESS TO ONE FREE 45-MINUTE PERSONAL TRAINING SESSION WITH A CERTIFIED PERSONAL TRAINER. AFTER THAT, PERSONAL TRAINING SESSIONS ARE AS LOW AS \$15 FOR A 30-MINUTE SESSION, \$22 FOR A 45-MINUTE SESSION, OR \$23 IF YOU SHARE THE HOUR-LONG SESSION WITH SOMEONE YOU KNOW.

PRICING

PAY UP FRONT

7 SESSIONS 60 MINUTE SESSIONS

INDIVIDUAL TRAINING

\$210 YMCA MEMBERS
\$245 NON-MEMBERS

25 SESSIONS 60 MINUTE SESSIONS

INDIVIDUAL TRAINING

\$650 YMCA MEMBERS
\$675 NON-MEMBERS

7 SESSIONS MUST BE COMPLETED IN 30 DAYS. 25
SESSIONS MUST BE COMPLETED IN 90 DAYS.

PERSONAL TRAINING PROGRAM DETAILS

YMCA personal training offers a variety of options for getting in shape and feeling healthier and can take place at either of our 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.

BODY COMPOSITION TEST

The BIA 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.

- PRICE | MEMBER \$10.00 | NON-MEMBER \$20.00
- CUSTOMER LOYALTY PRICE (AFTER INITIAL TEST) | MEMBER \$6.00 | NON-MEMBER \$12.00

FOR QUESTIONS CONTACT: FAITH LONG, PROGRAM COORDINATOR AT 574.269.9622 X236 OR FLONG@KCYMCA.ORG

MONTH TO MONTH

30 MINUTES

INDIVIDUAL TRAINING

\$15 PER SESSION

45 MINUTES

INDIVIDUAL TRAINING

\$22 PER SESSION

60 MINUTES

INDIVIDUAL TRAINING

\$27 PER SESSION

60 MINUTES

TRAINING WITH A PARTNER

\$23 PER SESSION

***MINIMUM OF 3 SESSIONS
A MONTH**

MEET OUR STAFF

CEDRIC BRENNEMAN | PERSONAL TRAINER

Cedric graduated from Grace College May of 2023 with a degree in Exercise Science. He also completed the ACE Strength and Conditioning certification through the YMCA. Cedric has a passion for health and fitness in his personal life as well as helping others reach their goals.



LARRY DIXON | PERSONAL TRAINER

Larry has been into the Health and Fitness Lifestyle for over 35 years. About 4 years ago he received his Personal Training Certification from ACE (American Council on Exercise). He also earned his Nutrition Specialist Certification through ACE. His passion is to help others live a healthy lifestyle and help them see what amazing rewards this lifestyle can give. Larry can help you reach your fitness goals.



SONJA FUSSLE | PERSONAL TRAINER

Sonja is a certified personal trainer through the National Academy of Sports Medicine and is currently pursuing a certification in nutrition. She loves finding fun ways to incorporate movement and exercise into her day, especially outdoors. Some of her hobbies have included rock climbing, hiking, water sports, dancing, and running. She has a passion for healthy living and wants others to experience the joy and fulfillment that a healthy lifestyle brings. She looks forward to helping you reach your fitness goals!



FAITH LONG | PERSONAL TRAINER AND WELLNESS COORDINATOR

Faith graduated from Grace College and has a degree in exercise science. She is also an ACE certified personal trainer and she is currently studying to be an ACE Nutrition Specialist. Faith desires to help others achieve their fitness and wellness goals. She also wants to help people have a healthy relationship with food. Faith has always been passionate about fitness and seeing it as a privilege. She is excited for her opportunity to work with the YMCA in their pursuit to build healthy spirit, mind and body for all.



MARK MCQUADE | PERSONAL TRAINER

Mark was able to complete his co-op experience at the Y this past year, during which he received YMCA's strength and conditioning Instructor certification along with the ACE-IFT model's personal training Program. Mark is continuing his education in health and fitness as he pursues a degree in exercise science at Grace. He has a passion for fitness in his own life and loves to work with people one on one to help them reach their own fitness goals.



KRISTINE NORTON | PERSONAL TRAINER

Kristine graduated from Purdue University with a BS in Biology and, more recently, got her Personal Training Certification through NASM. She is currently working towards her Nutrition Certification as well. Her passion for exercise and health began in her early teens when running became a big part of her life. She believes that the benefits of building a strong and healthy body through exercise and proper nutrition not only affects mental and physical health, but builds a sense of personal confidence and connection. Kristine enjoys various activities with her husband and three boys including tennis, skiing and water sports. She is excited to share her love for movement and strength building with clients through personal training.



ISABELLE RITTER | PERSONAL TRAINER

Isabelle is certified personal trainer through NASM as well as a certified holistic health coach. She is incredibly passionate about all things health and fitness. Her passion for fitness started as a teenager because of a health complication that led her to a holistic doctor. She also started working out around that time and fell in love with the burn and the emotions of a good workout. She believes that movement and/or healthy eating will do wonders for mental and physical health, and hopes that she can help her clients feel that same incredible feeling!



TARA ROBINSON | PERSONAL TRAINER

Tara received her masters in Exercise and Sports Medicine from W.M.U. and has worked with a variety of high school and professional athletic teams. Tara also received her strength and conditioning certification while in grad school and uses this in the rehabilitation process for athletic injuries. Tara enjoys working out herself and loves using her knowledge to help her clients reach their goals.



RACHEL WATKINS | PERSONAL TRAINER

Rachel earned her Bachelor of Science in Nursing Education degree from Indiana Wesleyan University in the spring of 2004. Post-graduation she was employed by a Level 4 Regional Transport Center Neonatal Intensive Care Unit for 14 years. Rachel began her interest in fitness by competing in OCB Figure competitions. Her ever-deepening passions for total health, fitness and competitive bodybuilding lead to her return to school and she became a National Academy of Sports Medicine Certified Personal Trainer in 2018. She works to inspire in her client's love of fitness and wellness.

